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# **Alberta Nutritious Food Basket Price Report November 1997**

**Alberta**

AGRICULTURE, FOOD AND RURAL DEVELOPMENT  
Statistics and Production Economics Branch





# Alberta Nutritious Food Basket Price Report - November 1997

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## **Introduction and Methodology**

### **Alberta Nutritious Food Basket Price Report - November 1997**

#### **Objective of the Survey**

The purpose of the survey is two-fold:

- a) ***In the agri-food sector:*** To establish a historical series of retail food prices for several communities across Alberta similar to the Edmonton data series that has been in existence since the 1970s. It is envisaged that, over time, the survey will increasingly provide accurate and reliable regional data on food prices, and total food costs, for use in business analysis and planning.
- b) ***In the health care services sector:*** To provide data for use in programs involving food security issues, prenatal nutrition programs, programs for people with special nutrition needs such as diabetics, and general nutrition education.

#### **Data Collection**

By partnering with Alberta regional health authorities, Alberta Agriculture, Food and Rural Development has been able to collect data in a total of 51 communities over the six occasional surveys conducted since early 1996, with the number of participating communities changing only slightly in each survey.

Regional health authority representatives, all of whom are either registered dietitians or nutritionists, are responsible for collecting the prices at the grocery retail outlets in their communities. Those who are unable to collect the data themselves, utilize the services of trained volunteers and student interns to do the collection. Due to this arrangement, the survey is very economical, and costs very little to the Alberta tax payer.

#### **Publication of the survey**

The publication of survey results is governed by the Statistics Act of Canada, which prohibits the disclosure of confidential information. Specifically, the relevant section of the Act reads as follows:

*no person who has been sworn under section 6 shall disclose or knowingly cause to be disclosed, by any means, any information obtained under this Act in such a manner that it is possible from the disclosure to relate the particulars obtained from any individual return to any identifiable individual person, business or organization.*

The Act, therefore requires that all information gathered in the food price survey be kept confidential. To meet this requirement, food costs shown in this report represent weighted average prices of several retail stores, gathered on the same day. These prices have been converted to a unit price per food category and then multiplied by the number of units required



to meet nutrient needs for each age-gender group to determine the weekly average food costs. The weekly average food costs shown by age-gender group provide a series of benchmark food costs for several communities and areas across Alberta, and cannot be directly related to store prices in any community.

## **Comparisons**

Now that we have data on six dates spanning two years for 51 communities throughout Alberta, we can make some comparisons for those communities which have participated in all six surveys. Of the 30 communities collecting prices in this sixth survey, all communities had priced in at least one other of the six surveys. It is important to note that these food costs should not be used as a tool for comparing one community with another, but rather to compare costs within a given community over time.

## **Factors in Selecting the Food Basket**

Analysing the cost of a nutritious food basket is complex. It is not simply a matter of pricing a list of foods in various retail stores. Developing a realistic basket of foods involves balancing several important factors:

- Quantities of food must meet nutrient needs.
- The basket must reflect the food consumption patterns for most of the population in the geographic area.
- Tracking food prices over time means that the foods selected must be available in all the stores, all the time.
- Limitations on the resources (time, money) of those gathering price data.

These factors put limitations on the brand names, package sizes, and types of fresh foods chosen for the basket. In several instances, foods were selected for pricing that would represent a group of foods, so that users could substitute another similar food and be reasonably confident that the cost and the nutritive value would be much the same. For example, canned corn represents all canned vegetables, and oatmeal cookies represent dessert-type bakery products. We recognize that some foods included in the basket may not be the most nutritious or most economical choice a shopper could make, but they reflect the realities of consumption patterns. Sometimes the quantities of food may not reflect individual eating patterns, but the quantities are consistent with Canada's Food Guide to Healthy Eating. Nutrient Quality and Quantities of food were calculated based on the numbers of servings recommended by the guide. A detailed calculation was done for several key nutrients such as calcium and vitamin C to ensure that the basket would meet basic nutrient requirements.

## **Calculating the Dollars Needed for Each Age-Gender Group**

For each age-gender group we calculated the number of units needed to meet nutrient needs, then multiplied by the unit price for each food category in the basket. We made no assumptions regarding "economy of scale" nor have we factored in any margins for food spoilage or waste.

## **About the Appendices**


**Appendix A** lists the foods selected for the Alberta Nutritious Food Basket.  
**Appendix B** lists the quantities of foods needed by each age-gender group.

### **For More Information**

Maureen Wenger, Research Assistant with Alberta Agriculture, Food and Rural Development, is responsible for all aspects of the food pricing, for preparing the information packages used in the price survey, and for the analysis, presentation and distribution of the data. Linda St. Onge, Food Scientist and Nutritionist, is responsible for the nutrition aspects of the food basket. We would like to express our sincere appreciation for the cooperation of the health authorities serving the areas in which the pricing was completed.

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# Nutrition Tips

## Nutritious Food Basket Price Report

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### Convenience Foods

Surveys show that many consumers look for convenience when they shop for groceries. Many families (and retirees!) are so busy with employment and children's activities that there is seldom a block of time to prepare a meal "from scratch." How do we cope?

**We eat out or buy takeout.** A stop at a fast-food outlet or supermarket deli can provide a ready-to-eat meal as soon as you arrive home, or even in the car on the way to the next activity.

### We buy prepared or partly prepared entrees.

The freezer section of most grocery stores stock an abundance of individually portioned meals. There are heat-and-serve packaged entrees such as burritos. There are cooked or partly cooked foods like fish sticks, chicken fingers or hamburger patties; and casserole mixes to which we just add ground beef and cook.

**The More you Cook, the More you Save**  
Eating out or buying prepared food can be expensive, and it takes extra shopping time. You may not have much control over the nutritive quality. There are many ways you can reduce food preparation time so that you can get a meal on the table just as quickly as eating out or taking 20 minutes to stop and pick something up. Here are a few suggestions.

#### 1. Cook two or three; freeze for later.

Meals like pasta or rice casseroles are easy to prepare in large quantities so that you can freeze two or three for days when you're busy. Even if you forget to take them out of the freezer, microwave ovens defrost and cook very quickly.

#### 2. Cook part of the meal ahead of time.

Cook quantities of chicken pieces, chops, beef strips or ground beef. Freeze family-size portions so that all you need to do later is add a sauce (try a can of cream soup) or other ingredients plus vegetables.

Cook ground beef and pack it into 500 mL freezer containers (margarine tubs work fine). That gives you about one pound (500 g) of cooked beef. When you need a meal that's easy to prepare, use one of your containers of cooked beef - just add the rest of the ingredients to make your favourite casseroles.

**3. Use Baking Mixes.** Many baking mixes are available with recipe ideas for delicious main course meals or desserts. Or, make your own mixes for biscuits, muffins, cookies, and cakes.

#### 4. Keep Canned Convenience on Hand.

Add a canned spaghetti sauce to any cooked pasta and you can eat! Canned corned beef with canned sauerkraut makes a quick reuben sandwich. Canned baked beans, or hearty soups with toast - what could be faster?

Today's wise grocery shopper knows that making everything from scratch may not be possible - or even the best way to spend your food dollar and time.

Alberta's food processors know that you want convenience along with economy. Look for our own Alberta labels for top quality in prepared baked goods, fresh salad mixes, pizza, prepared Chinese, Ukrainian, East Indian or Italian entrees, individually wrapped sandwiches, bread and pancake mixes, and frozen cookie doughs.



# Nutrition Tips

## Nutritious Food Basket Price Report

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### Why Do We Need Meat?

Recent reports in the media have stated that we should be eating less red meat; or even that we shouldn't be using animals at all! Sometimes we don't get all the information about why statements are made; they may arise from emotional issues. And it's true enough that we don't need to eat meat if - and it's a big if - we know how to choose other foods to get the nutrients that meats usually provide. Well then, what nutrients do we get from meat?

**Protein:** We humans need 22 amino acids to build our own body proteins - muscle, bone, and other tissues. Of those 22, we can make all except 8 (9 for children). We need to eat foods which contain these "essential amino acids" - and animal proteins do. Plant proteins contain some amino acids, but no plant on its own has enough of the essential amino acids. We need to know how to combine them at a meal to get enough protein. Good combinations include rice with legumes; cornmeal with beans; wheat with beans; peanuts with wheat.

**Iron:** Meat, especially red meat, is the best source of iron. The hemoglobin which is part of the meat tissue contains iron that your body absorbs 2 to 10 times more efficiently than the iron from any other source. If you're going to eliminate the best food source of iron, be very careful about always choosing other foods that provide iron (legumes, whole grains, nuts, dried fruit) or taking a supplement - and supplements are not as well absorbed as food sources of iron.

**Zinc:** This mineral is needed for proper growth. Red meats are the best source of zinc. Grains have small amounts of zinc, but it is not well absorbed because we have to separate it out

from the plant structure. Studies show that North Americans may not be getting enough zinc in our diets. It makes sense to eat foods that we know are a good source, like red meats.

**B Vitamins:** (Riboflavin, thiamine, niacin) These have a role in helping our muscle tissue utilize the energy from food; so it's not surprising that animal muscle should be a good source. Whole grains are also important sources of B vitamins.

**Vitamin B-12:** Its role is essential for our body cells, particularly red blood cells, to divide and grow. There are no plant sources of vitamin B-12; so those not consuming animal proteins must take a supplement.

### How Much Meat is Enough?

In North America, most of us eat more meat than we really need. Canada's Food Guide suggests 2 or 3 servings per day; a serving is 50 to 100 grams (about 1 ½ to 3 ounces). A 100 gram serving of meat is the size of a deck of cards - or smaller than your computer mouse. A small can of salmon or tuna would be two servings. Half a chicken breast or a drumstick, or a small hamburger patty is one serving. A small boneless roast weighing a kilogram, (just over 2 pounds) would provide 10 servings.

So, although we don't need much meat, it does provide very important nutrients that are difficult to get in plant sources. Be sure to choose lean cuts, and trim the fat away from the edges. Cook without adding extra fat. And if you do choose a vegetarian diet, it's essential to include milk and eggs for children and pregnant women.

## Nutritious Food Basket Price Report

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### Calcium: “A Guy Thing”

That’s the title of a recent article in a journal aimed at the food processing industry. For the past several years, women have been the target for messages urging them to consume calcium - and with good reason. We’ve got abundant evidence that women have a high risk of osteoporosis, or thinning of the bones. Their risk is related to age, genetics, estrogen level, exercise - and calcium intake. One estimate says that half of all women will have an osteoporosis-related bone fracture at some time in their lives. Half! The cost both in dollars and loss of independence for older women is staggering.

However, statistics show that men are also at risk for osteoporosis, although their risk is lower than for women. Men who smoke, drink, or have lower calcium intakes increase their risk. But osteoporosis is not the only health risk linked to low calcium intakes. Calcium deficit has been linked to other diseases such as heart disease and cancer.

### Calcium: Just one of the Team

Calcium is an essential nutrient, but it doesn’t act alone. Other substances work with the body’s mechanisms to affect the way calcium is used. For instance, vitamin D and estrogen or testosterone all help to increase calcium absorption in the intestine. If your calcium intake is high, but your vitamin D level is low, then the calcium you consume won’t be absorbed very efficiently. That’s why vitamin D is added to fluid milk. (It’s not added to cheese or yogurt.) Parathyroid hormone increases the activation of vitamin D. Like many other systems in your body, it resembles a house of cards - if one of the supports falls down, the whole thing collapses.

### How Much Calcium is Enough?

The recommended nutrient intake for calcium is 700 mg for adult women, and 800 milligrams for men. (One serving of milk - a small square

carton of 250 millilitres provides 320 milligrams of calcium.) But today’s lifestyles often mean that we’re indoors for a large part of the day, or we use sunscreen to help prevent skin cancer. Because we make our own vitamin D through exposure to the sun, we may not be getting enough. We live longer, with reduced levels of hormones such as estrogen. We exercise less. Those people who suffer from arthritis or asthma may be taking glucocorticoids, which reduces bone mass. To counteract these negative influences on calcium status, scientists have suggested that we increase the recommended calcium intake. However, with many nutrients, more isn’t always better and could even be toxic. Studies done so far on higher-than-recommended calcium intakes indicate that amounts up to 2,000 milligrams per day appear to be safe.

### What Can We Do?

Following a conference held to look at recommendations for calcium intake, several suggestions were made:

- ✓ We should be sure that consumers know how much calcium they need.
- ✓ Manufacturers of food products should continue to develop and market a wide variety of calcium-rich foods.
- ✓ The foodservice industry should increase the accessibility of calcium-rich foods for the consumer.
- ✓ Calcium-rich foods, such as dairy products, should be our first choice, but if calcium fortified foods and supplements are developed and used, they should address other nutrients that are part of the “calcium team.”

### The Bottom Line

All of us - men and women - should consume foods that provide lots of calcium. For most of us, 2 or 3 servings per day of milk, cheese, or yogurt will meet our needs.



# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR BLAIRMORE, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.47	0.34	3.55	0.21	2.44	0.63	1.29	0.29	2.56	0.38	0.09	16.25
2-3 years	4.81	0.45	3.55	0.21	3.84	0.63	1.29	0.41	2.69	0.38	0.09	18.34
4-6 years	6.53	0.45	4.44	0.64	4.53	1.18	1.85	0.83	3.08	0.57	0.26	24.37
<b>Boy</b>												
7-9 years	5.84	0.45	4.44	1.07	5.33	1.33	2.01	0.70	3.33	0.96	0.52	26.59
10-12 years	7.56	0.45	4.73	1.07	6.28	1.33	2.25	0.72	4.10	1.15	0.70	30.35
13-15 years	8.25	0.56	4.73	1.07	6.98	1.33	2.73	0.95	4.49	1.34	0.70	33.13
16-18 years	8.25	0.68	7.69	1.07	8.02	1.33	3.05	1.13	4.87	1.53	0.79	38.42
<b>Girl</b>												
7-9 years	5.84	0.45	4.44	0.86	4.88	1.33	2.01	0.59	3.20	0.77	0.35	24.72
10-12 years	6.87	0.45	4.44	0.86	5.58	1.33	2.01	0.63	3.33	0.96	0.52	26.99
13-15 years	7.22	0.45	4.73	1.07	5.76	1.33	2.57	0.65	4.36	0.77	0.52	29.44
16-18 years	7.22	0.45	5.03	1.07	5.58	1.33	2.57	0.61	4.23	0.77	0.35	29.21
<b>Man</b>												
19-24 years	7.56	0.68	7.69	1.07	7.33	1.49	3.05	1.08	4.23	1.34	0.61	36.14
25-49 years	5.50	0.68	7.69	1.07	7.33	1.49	3.05	1.31	4.23	1.15	0.35	33.85
50-74 years	4.81	0.56	5.62	1.07	5.58	1.49	3.05	0.72	4.23	1.15	0.44	28.73
75+ years	4.81	0.45	5.62	0.86	5.76	1.49	2.33	0.63	4.49	0.77	0.35	27.55
<b>Woman</b>												
19-24 years	5.84	0.45	7.10	1.07	5.58	1.49	2.25	0.61	4.23	0.77	0.35	29.74
25-49 years	4.81	0.34	7.10	1.07	4.88	1.49	2.25	0.52	4.23	0.77	0.26	27.72
50-74 years	4.81	0.34	5.33	0.86	4.19	1.49	2.25	0.50	4.23	0.77	0.26	25.01
75+ years	4.47	0.34	4.73	0.86	3.49	1.49	2.25	0.45	4.23	0.57	0.26	23.14
Pregnancy(b,c)												
Trimester 1	8.25	0.45	5.33	1.07	5.41	1.49	2.57	0.45	4.23	0.57	0.26	30.08
Trimester 2	8.25	0.45	5.33	1.29	5.58	1.49	2.57	0.50	4.23	0.77	0.26	30.71
Trimester 3	8.25	0.45	5.33	1.29	5.58	1.49	2.57	0.50	4.23	0.77	0.26	30.71
Lactation(c)	8.59	0.45	6.51	1.07	5.58	1.65	2.57	0.54	4.23	0.77	0.35	32.31
<b>Family of Four (d)</b>	<b>24.39</b>	<b>2.03</b>	<b>23.96</b>	<b>4.08</b>	<b>24.07</b>	<b>5.65</b>	<b>10.05</b>	<b>3.36</b>	<b>16.15</b>	<b>4.02</b>	<b>1.66</b>	<b>119.42</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR FORT MCLEOD, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.77	0.45	2.75	0.22	2.48	0.80	1.47	0.34	2.56	0.43	0.09	16.37
2-3 years	5.14	0.60	2.75	0.22	3.90	0.80	1.47	0.47	2.68	0.43	0.09	18.56
4-6 years	6.98	0.60	3.44	0.65	4.61	1.50	2.11	0.97	3.07	0.65	0.28	24.86
<b>Boy</b>												
7-9 years	6.24	0.60	3.44	1.08	6.03	1.70	2.29	0.81	3.32	1.08	0.55	27.17
10-12 years	8.08	0.60	3.67	1.08	6.39	1.70	2.57	0.84	4.09	1.30	0.74	31.06
13-15 years	8.81	0.75	3.67	1.08	7.10	1.70	3.12	1.10	4.47	1.51	0.74	34.06
16-18 years	8.81	0.90	5.97	1.08	8.16	1.70	3.49	1.31	4.86	1.73	0.83	38.84
<b>Girl</b>												
7-9 years	6.24	0.60	3.44	0.86	4.97	1.70	2.29	0.68	3.20	0.87	0.37	25.23
10-12 years	7.34	0.60	3.44	0.86	5.68	1.70	2.29	0.73	3.32	1.08	0.55	27.62
13-15 years	7.71	0.60	3.67	1.08	5.85	1.70	2.94	0.76	4.35	0.87	0.55	30.08
16-18 years	7.71	0.60	3.90	1.08	5.68	1.70	2.94	0.71	4.22	0.87	0.37	29.77
<b>Man</b>												
19-24 years	8.08	0.90	5.97	1.08	7.45	1.90	3.49	1.26	4.22	1.51	0.65	36.50
25-49 years	5.87	0.90	5.97	1.08	7.45	1.90	3.49	1.52	4.22	1.30	0.37	34.07
50-74 years	5.14	0.75	4.36	1.08	5.68	1.90	3.49	0.84	4.22	1.30	0.46	29.22
75+ years	5.14	0.60	4.36	0.86	5.85	1.90	2.66	0.73	4.47	0.87	0.37	27.83
<b>Woman</b>												
19-24 years	6.24	0.60	5.51	1.08	5.68	1.90	2.57	0.71	4.22	0.87	0.37	29.74
25-49 years	5.14	0.45	5.51	1.08	4.97	1.90	2.57	0.60	4.22	0.87	0.28	27.58
50-74 years	5.14	0.45	4.13	0.86	4.26	1.90	2.57	0.58	4.22	0.87	0.28	25.25
75+ years	4.77	0.45	3.67	0.86	3.55	1.90	2.57	0.52	4.22	0.65	0.28	23.45
<b>Pregnancy(b,c)</b>												
Trimester 1	8.81	0.60	4.13	1.08	5.50	1.90	2.94	0.52	4.22	0.65	0.28	30.63
Trimester 2	8.81	0.60	4.13	1.30	5.68	1.90	2.94	0.58	4.22	0.87	0.28	31.29
Trimester 3	8.81	0.60	4.13	1.30	5.68	1.90	2.94	0.58	4.22	0.87	0.28	31.29
<b>Lactation(c)</b>												
	9.18	0.60	5.05	1.08	5.68	2.11	2.94	0.63	4.22	0.87	0.37	32.71
<b>Family of Four (d)</b>	26.07	2.70	18.59	4.11	24.48	7.22	11.47	3.90	16.11	4.54	1.75	120.94

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

## WEEKLY AVERAGE COST FOR LETHBRIDGE, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.62	0.40	3.38	0.20	2.47	0.83	1.32	0.32	2.64	0.37	0.09	<b>16.65</b>
2-3 years	4.98	0.53	3.38	0.20	3.89	0.83	1.32	0.45	2.78	0.37	0.09	<b>18.81</b>
4-6 years	6.75	0.53	4.23	0.61	4.59	1.55	1.90	0.92	3.17	0.55	0.26	<b>25.07</b>
<b>Boy</b>												
7-9 years	6.04	0.53	4.23	1.02	6.01	1.76	2.06	0.77	3.44	0.92	0.52	<b>27.30</b>
10-12 years	7.82	0.53	4.51	1.02	6.36	1.76	2.31	0.79	4.23	1.11	0.69	<b>31.13</b>
13-15 years	8.53	0.66	4.51	1.02	7.07	1.76	2.81	1.04	4.63	1.29	0.69	<b>34.01</b>
16-18 years	8.53	0.79	7.33	1.02	8.13	1.76	3.14	1.24	5.02	1.47	0.77	<b>39.21</b>
<b>Girl</b>												
7-9 years	6.04	0.53	4.23	0.82	4.95	1.76	2.06	0.64	3.30	0.74	0.34	<b>25.42</b>
10-12 years	7.11	0.53	4.23	0.82	5.65	1.76	2.06	0.69	3.44	0.92	0.52	<b>27.73</b>
13-15 years	7.46	0.53	4.51	1.02	5.83	1.76	2.64	0.72	4.49	0.74	0.52	<b>30.23</b>
16-18 years	7.46	0.53	4.79	1.02	5.65	1.76	2.64	0.67	4.36	0.74	0.34	<b>29.98</b>
<b>Man</b>												
19-24 years	7.82	0.79	7.33	1.02	7.42	1.96	3.14	1.19	4.36	1.29	0.60	<b>36.94</b>
25-49 years	5.69	0.79	7.33	1.02	7.42	1.96	3.14	1.44	4.36	1.11	0.34	<b>34.61</b>
50-74 years	4.98	0.66	5.36	1.02	5.65	1.96	3.14	0.79	4.36	1.11	0.43	<b>29.47</b>
75+ years	4.98	0.53	5.36	0.82	5.83	1.96	2.39	0.69	4.63	0.74	0.34	<b>28.27</b>
<b>Woman</b>												
19-24 years	6.04	0.53	6.77	1.02	5.65	1.96	2.31	0.67	4.36	0.74	0.34	<b>30.41</b>
25-49 years	4.98	0.40	6.77	1.02	4.95	1.96	2.31	0.57	4.36	0.74	0.26	<b>28.32</b>
50-74 years	4.98	0.40	5.08	0.82	4.24	1.96	2.31	0.54	4.36	0.74	0.26	<b>25.69</b>
75+ years	4.62	0.40	4.51	0.82	3.53	1.96	2.31	0.49	4.36	0.55	0.26	<b>23.83</b>
Pregnancy(b,c)												
Trimester 1	8.53	0.53	5.08	1.02	5.48	1.96	2.64	0.49	4.36	0.55	0.26	<b>30.91</b>
Trimester 2	8.53	0.53	5.08	1.23	5.65	1.96	2.64	0.54	4.36	0.74	0.26	<b>31.53</b>
Trimester 3	8.53	0.53	5.08	1.23	5.65	1.96	2.64	0.54	4.36	0.74	0.26	<b>31.53</b>
Lactation(c)	8.89	0.53	6.20	1.02	5.65	2.17	2.64	0.59	4.36	0.74	0.34	<b>33.15</b>
<b>Family of Four (d)</b>	<b>25.24</b>	<b>2.38</b>	<b>22.84</b>	<b>3.89</b>	<b>24.38</b>	<b>7.45</b>	<b>10.32</b>	<b>3.69</b>	<b>16.65</b>	<b>3.87</b>	<b>1.64</b>	<b>122.35</b>

- (a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.  
(b) A daily iron supplement is required for pregnant women.  
(c) Based on the requirements of a woman 25-49 years old.  
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture Food & Rural Development with assistance from Alberta Regional Health Authorities

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903



# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR PINCHER CREEK, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.52	0.41	2.85	0.18	2.29	0.89	1.33	0.36	2.38	0.33	0.08	15.62
2-3 years	4.86	0.55	2.85	0.18	3.61	0.89	1.33	0.49	2.49	0.33	0.08	17.67
4-6 years	6.60	0.55	3.57	0.55	4.26	1.66	1.92	1.01	2.85	0.50	0.23	23.69
<b>Boy</b>												
7-9 years	5.90	0.55	3.57	0.92	5.57	1.88	2.08	0.85	3.09	0.84	0.45	25.70
10-12 years	7.64	0.55	3.80	0.92	5.90	1.88	2.33	0.88	3.80	1.00	0.60	29.31
13-15 years	8.34	0.68	3.80	0.92	6.56	1.88	2.83	1.15	4.16	1.17	0.60	32.09
16-18 years	8.34	0.82	6.18	0.92	7.54	1.88	3.17	1.37	4.51	1.34	0.68	36.74
<b>Girl</b>												
7-9 years	5.90	0.55	3.57	0.73	4.59	1.88	2.08	0.71	2.97	0.67	0.30	23.96
10-12 years	6.95	0.55	3.57	0.73	5.24	1.88	2.08	0.77	3.09	0.84	0.45	26.15
13-15 years	7.29	0.55	3.80	0.92	5.41	1.88	2.67	0.80	4.04	0.67	0.45	28.47
16-18 years	7.29	0.55	4.04	0.92	5.24	1.88	2.67	0.74	3.92	0.67	0.30	28.22
<b>Man</b>												
19-24 years	7.64	0.82	6.18	0.92	6.88	2.10	3.17	1.32	3.92	1.17	0.53	34.65
25-49 years	5.56	0.82	6.18	0.92	6.88	2.10	3.17	1.59	3.92	1.00	0.30	32.44
50-74 years	4.86	0.68	4.52	0.92	5.24	2.10	3.17	0.88	3.92	1.00	0.38	27.67
75+ years	4.86	0.55	4.52	0.73	5.41	2.10	2.42	0.77	4.16	0.67	0.30	26.48
<b>Woman</b>												
19-24 years	5.90	0.55	5.70	0.92	5.24	2.10	2.33	0.74	3.92	0.67	0.30	28.39
25-49 years	4.86	0.41	5.70	0.92	4.59	2.10	2.33	0.63	3.92	0.67	0.23	26.37
50-74 years	4.86	0.41	4.28	0.73	3.93	2.10	2.33	0.60	3.92	0.67	0.23	24.07
75+ years	4.52	0.41	3.80	0.73	3.28	2.10	2.33	0.55	3.92	0.50	0.23	22.37
Pregnancy(b,c)												
Trimester 1	8.34	0.55	4.28	0.92	5.08	2.10	2.67	0.55	3.92	0.50	0.23	29.13
Trimester 2	8.34	0.55	4.28	1.10	5.24	2.10	2.67	0.60	3.92	0.67	0.23	29.69
Trimester 3	8.34	0.55	4.28	1.10	5.24	2.10	2.67	0.60	3.92	0.67	0.23	29.69
Lactation(c)	8.68	0.55	5.23	0.92	5.24	2.32	2.67	0.66	3.92	0.67	0.30	31.16
<b>Family of Four (d)</b>	<b>24.66</b>	<b>2.46</b>	<b>19.25</b>	<b>3.49</b>	<b>22.62</b>	<b>7.97</b>	<b>10.42</b>	<b>4.09</b>	<b>14.97</b>	<b>3.51</b>	<b>1.44</b>	<b>114.86</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch  
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# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

## WEEKLY AVERAGE COST FOR RAYMOND, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.88	0.49	3.23	0.20	2.59	0.76	1.52	0.39	2.42	0.37	0.11	<b>16.96</b>
2-3 years	5.25	0.65	3.23	0.20	4.07	0.76	1.52	0.55	2.54	0.37	0.11	<b>19.25</b>
4-6 years	7.13	0.65	4.04	0.60	4.81	1.42	2.18	1.12	2.90	0.56	0.32	<b>25.74</b>
<b>Boy</b>												
7-9 years	6.38	0.65	4.04	1.00	6.30	1.61	2.37	0.94	3.15	0.93	0.64	<b>28.00</b>
10-12 years	8.25	0.65	4.31	1.00	6.67	1.61	2.66	0.97	3.87	1.11	0.85	<b>31.95</b>
13-15 years	9.00	0.81	4.31	1.00	7.41	1.61	3.23	1.28	4.23	1.30	0.85	<b>35.03</b>
16-18 years	9.00	0.97	7.00	1.00	8.52	1.61	3.61	1.52	4.60	1.49	0.96	<b>40.27</b>
<b>Girl</b>												
7-9 years	6.38	0.65	4.04	0.80	5.19	1.61	2.37	0.79	3.02	0.74	0.43	<b>26.02</b>
10-12 years	7.50	0.65	4.04	0.80	5.93	1.61	2.37	0.85	3.15	0.93	0.64	<b>28.46</b>
13-15 years	7.88	0.65	4.31	1.00	6.11	1.61	3.04	0.88	4.11	0.74	0.64	<b>30.97</b>
16-18 years	7.88	0.65	4.58	1.00	5.93	1.61	3.04	0.82	3.99	0.74	0.43	<b>30.66</b>
<b>Man</b>												
19-24 years	8.25	0.97	7.00	1.00	7.78	1.80	3.61	1.46	3.99	1.30	0.75	<b>37.91</b>
25-49 years	6.00	0.97	7.00	1.00	7.78	1.80	3.61	1.76	3.99	1.11	0.43	<b>35.46</b>
50-74 years	5.25	0.81	5.12	1.00	5.93	1.80	3.61	0.97	3.99	1.11	0.53	<b>30.12</b>
75+ years	5.25	0.65	5.12	0.80	6.11	1.80	2.75	0.85	4.23	0.74	0.43	<b>28.73</b>
<b>Woman</b>												
19-24 years	6.38	0.65	6.46	1.00	5.93	1.80	2.66	0.82	3.99	0.74	0.43	<b>30.85</b>
25-49 years	5.25	0.49	6.46	1.00	5.19	1.80	2.66	0.70	3.99	0.74	0.32	<b>28.60</b>
50-74 years	5.25	0.49	4.85	0.80	4.11	1.80	2.66	0.67	3.99	0.74	0.32	<b>26.01</b>
75+ years	4.88	0.49	4.31	0.80	3.70	1.80	2.66	0.61	3.99	0.56	0.32	<b>24.11</b>
Pregnancy(b,c)												
Trimester 1	9.00	0.65	4.85	1.00	5.74	1.80	3.04	0.61	3.99	0.56	0.32	<b>31.55</b>
Trimester 2	9.00	0.65	4.85	1.20	5.93	1.80	3.04	0.67	3.99	0.74	0.32	<b>32.18</b>
Trimester 3	9.00	0.65	4.85	1.20	5.93	1.80	3.04	0.67	3.99	0.74	0.32	<b>32.18</b>
Lactation(c)	9.38	0.65	5.93	1.00	5.93	1.99	3.04	0.73	3.99	0.74	0.43	<b>33.79</b>
<b>Family of Four (d)</b>	<b>26.63</b>	<b>2.92</b>	<b>21.82</b>	<b>3.80</b>	<b>25.56</b>	<b>6.83</b>	<b>11.86</b>	<b>4.53</b>	<b>15.24</b>	<b>3.90</b>	<b>2.02</b>	<b>125.10</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

## WEEKLY AVERAGE COST FOR TABER, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.54	0.40	3.24	0.21	2.35	0.81	1.40	0.39	2.58	0.37	0.09	16.39
2-3 years	4.89	0.54	3.24	0.21	3.70	0.81	1.40	0.53	2.71	0.37	0.09	18.49
4-6 years	6.63	0.54	4.06	0.64	4.37	1.51	2.02	1.10	3.10	0.55	0.26	24.78
<b>Boy</b>												
7-9 years	5.93	0.54	4.06	1.07	5.72	1.71	2.19	0.92	3.36	0.92	0.52	26.94
10-12 years	7.68	0.54	4.33	1.07	6.05	1.71	2.46	0.95	4.13	1.10	0.70	30.72
13-15 years	8.38	0.67	4.33	1.07	6.72	1.71	2.98	1.24	4.52	1.29	0.70	33.62
16-18 years	8.38	0.81	7.03	1.07	7.73	1.71	3.33	1.48	4.91	1.47	0.78	38.72
<b>Girl</b>												
7-9 years	5.93	0.54	4.06	0.86	4.71	1.71	2.19	0.77	3.23	0.74	0.35	25.09
10-12 years	6.98	0.54	4.06	0.86	5.38	1.71	2.19	0.83	3.36	0.92	0.52	27.35
13-15 years	7.33	0.54	4.33	1.07	5.55	1.71	2.81	0.86	4.39	0.74	0.52	29.85
16-18 years	7.33	0.54	4.60	1.07	5.38	1.71	2.81	0.80	4.26	0.74	0.35	29.59
<b>Man</b>												
19-24 years	7.68	0.81	7.03	1.07	7.06	1.92	3.33	1.42	4.26	1.29	0.61	36.48
25-49 years	5.58	0.81	7.03	1.07	7.06	1.92	3.33	1.72	4.26	1.10	0.35	34.24
50-74 years	4.89	0.67	5.14	1.07	5.38	1.92	3.33	0.95	4.26	1.10	0.44	29.15
75+ years	4.89	0.54	5.14	0.86	5.55	1.92	2.54	0.83	4.52	0.74	0.35	27.86
<b>Woman</b>												
19-24 years	5.93	0.54	6.49	1.07	5.38	1.92	2.46	0.80	4.26	0.74	0.35	29.93
25-49 years	4.89	0.40	6.49	1.07	4.71	1.92	2.46	0.68	4.26	0.74	0.26	27.87
50-74 years	4.89	0.40	4.87	0.86	4.03	1.92	2.46	0.65	4.26	0.74	0.26	25.33
75+ years	4.54	0.40	4.33	0.86	3.36	1.92	2.46	0.59	4.26	0.55	0.26	23.53
Pregnancy(b,c)												
Trimester 1	8.38	0.54	4.87	1.07	5.21	1.92	2.81	0.59	4.26	0.55	0.26	30.46
Trimester 2	8.38	0.54	4.87	1.29	5.38	1.92	2.81	0.65	4.26	0.74	0.26	31.09
Trimester 3	8.38	0.54	4.87	1.29	5.38	1.92	2.81	0.65	4.26	0.74	0.26	31.09
Lactation(c)	8.73	0.54	5.95	1.07	5.38	2.12	2.81	0.71	4.26	0.74	0.35	32.65
<b>Family of Four (d)</b>	<b>24.78</b>	<b>2.43</b>	<b>21.90</b>	<b>4.08</b>	<b>23.20</b>	<b>7.26</b>	<b>10.96</b>	<b>4.41</b>	<b>16.28</b>	<b>3.86</b>	<b>1.66</b>	<b>120.82</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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Alberta Agriculture, Food & Rural Development, (403) 422-2903



# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR DIDSBURY, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.50	0.41	3.48	0.19	2.54	0.95	1.48	0.54	2.84	0.42	0.09	17.45
2-3 years	4.85	0.55	3.48	0.19	3.99	0.95	1.48	0.75	2.98	0.42	0.09	19.73
4-6 years	6.58	0.55	4.35	0.58	4.72	1.78	2.13	1.54	3.41	0.62	0.27	26.53
<b>Boy</b>												
7-9 years	5.89	0.55	4.35	0.97	6.17	2.02	2.32	1.29	3.69	1.04	0.55	28.83
10-12 years	7.62	0.55	4.64	0.97	6.54	2.02	2.60	1.34	4.54	1.25	0.73	32.77
13-15 years	8.31	0.69	4.64	0.97	7.26	2.02	3.15	1.75	4.97	1.45	0.73	35.94
16-18 years	8.31	0.82	7.53	0.97	8.35	2.02	3.52	2.09	5.40	1.66	0.82	41.49
<b>Girl</b>												
7-9 years	5.89	0.55	4.35	0.78	5.08	2.02	2.32	1.09	3.55	0.83	0.36	26.80
10-12 years	6.92	0.55	4.35	0.78	5.81	2.02	2.32	1.17	3.69	1.04	0.55	29.18
13-15 years	7.27	0.55	4.64	0.97	5.99	2.02	2.97	1.21	4.83	0.83	0.55	31.81
16-18 years	7.27	0.55	4.92	0.97	5.81	2.02	2.97	1.13	4.69	0.83	0.36	31.51
<b>Man</b>												
19-24 years	7.62	0.82	7.53	0.97	7.62	2.25	3.52	2.00	4.69	1.45	0.64	39.12
25-49 years	5.54	0.82	7.53	0.97	7.62	2.25	3.52	2.42	4.69	1.25	0.36	36.98
50-74 years	4.85	0.69	5.50	0.97	5.81	2.25	3.52	1.34	4.69	1.25	0.45	31.32
75+ years	4.85	0.55	5.50	0.78	5.99	2.25	2.69	1.17	4.97	0.83	0.36	29.94
<b>Woman</b>												
19-24 years	5.89	0.55	6.95	0.97	5.81	2.25	2.60	1.13	4.69	0.83	0.36	32.02
25-49 years	4.85	0.41	6.95	0.97	5.08	2.25	2.60	0.96	4.69	0.83	0.27	29.86
50-74 years	4.85	0.41	5.21	0.78	4.36	2.25	2.60	0.92	4.69	0.83	0.27	27.16
75+ years	4.50	0.41	4.64	0.78	3.63	2.25	2.60	0.83	4.69	0.62	0.27	25.22
Pregnancy(b,c)												
Trimester 1	8.31	0.55	5.21	0.97	5.63	2.25	2.97	0.83	4.69	0.62	0.27	32.31
Trimester 2	8.31	0.55	5.21	1.17	5.81	2.25	2.97	0.92	4.69	0.83	0.27	32.97
Trimester 3	8.31	0.55	5.21	1.17	5.81	2.25	2.97	0.92	4.69	0.83	0.27	32.97
Lactation(c)	8.65	0.55	6.37	0.97	5.81	2.49	2.97	1.00	4.69	0.83	0.36	34.70
<b>Family of Four (d)</b>	<b>24.58</b>	<b>2.47</b>	<b>23.47</b>	<b>3.69</b>	<b>25.05</b>	<b>8.53</b>	<b>11.59</b>	<b>6.22</b>	<b>17.89</b>	<b>4.36</b>	<b>1.73</b>	<b>129.59</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women

(b) A daily iron supplement is required for pregnant women

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR HANNA, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.71	0.46	2.90	0.20	2.48	0.72	1.39	0.39	2.42	0.39	0.10	16.16
2-3 years	5.07	0.62	2.90	0.20	3.89	0.72	1.39	0.54	2.54	0.39	0.10	18.36
4-6 years	6.88	0.62	3.63	0.60	4.60	1.34	2.00	1.11	2.90	0.58	0.30	24.57
<b>Boy</b>												
7-9 years	6.15	0.62	3.63	1.00	6.02	1.52	2.17	0.93	3.15	0.97	0.61	26.77
10-12 years	7.96	0.62	3.87	1.00	6.37	1.52	2.43	0.96	3.87	1.16	0.81	30.59
13-15 years	8.69	0.77	3.87	1.00	7.08	1.52	2.96	1.26	4.24	1.36	0.81	33.56
16-18 years	8.69	0.93	6.29	1.00	8.14	1.52	3.30	1.50	4.60	1.55	0.91	38.44
<b>Girl</b>												
7-9 years	6.15	0.62	3.63	0.80	4.96	1.52	2.17	0.78	3.03	0.78	0.41	24.84
10-12 years	7.24	0.62	3.63	0.80	5.66	1.52	2.17	0.84	3.15	0.97	0.61	27.21
13-15 years	7.60	0.62	3.87	1.00	5.84	1.52	2.78	0.87	4.11	0.78	0.61	29.61
16-18 years	7.60	0.62	4.11	1.00	5.66	1.52	2.78	0.81	3.99	0.78	0.41	29.29
<b>Man</b>												
19-24 years	7.96	0.93	6.29	1.00	7.44	1.70	3.30	1.44	3.99	1.36	0.71	36.12
25-49 years	5.79	0.93	6.29	1.00	7.44	1.70	3.30	1.74	3.99	1.16	0.41	33.75
50-74 years	5.07	0.77	4.59	1.00	5.66	1.70	3.30	0.96	3.99	1.16	0.51	28.73
75+ years	5.07	0.62	4.59	0.80	5.84	1.70	2.52	0.84	4.24	0.78	0.41	27.41
<b>Woman</b>												
19-24 years	6.15	0.62	5.80	1.00	5.66	1.70	2.43	0.81	3.99	0.78	0.41	29.37
25-49 years	5.07	0.46	5.80	1.00	4.96	1.70	2.43	0.69	3.99	0.78	0.30	27.20
50-74 years	5.07	0.46	4.35	0.80	4.25	1.70	2.43	0.66	3.99	0.78	0.30	24.81
75+ years	4.71	0.46	3.87	0.80	3.54	1.70	2.43	0.60	3.99	0.58	0.30	23.00
Pregnancy(b,c)												
Trimester 1	8.69	0.62	4.35	1.00	5.49	1.70	2.78	0.60	3.99	0.58	0.30	30.11
Trimester 2	8.69	0.62	4.35	1.21	5.66	1.70	2.78	0.66	3.99	0.78	0.30	30.75
Trimester 3	8.69	0.62	4.35	1.21	5.66	1.70	2.78	0.66	3.99	0.78	0.30	30.75
Lactation(c)	9.05	0.62	5.32	1.00	5.66	1.88	2.78	0.72	3.99	0.78	0.41	32.21
<b>Family of Four (d)</b>	25.70	2.78	19.59	3.82	24.43	6.45	10.87	4.46	15.25	4.08	1.92	119.35

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

## WEEKLY AVERAGE COST FOR STRATHMORE, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.31	0.46	3.23	0.18	2.30	0.76	1.26	0.36	2.66	0.30	0.09	<b>15.91</b>
2-3 years	4.64	0.62	3.23	0.18	3.62	0.76	1.26	0.49	2.79	0.30	0.09	<b>17.98</b>
4-6 years	6.30	0.62	4.04	0.55	4.28	1.42	1.81	1.01	3.19	0.45	0.26	<b>23.93</b>
<b>Boy</b>												
7-9 years	5.64	0.62	4.04	0.92	5.59	1.61	1.96	0.85	3.46	0.75	0.52	<b>25.96</b>
10-12 years	7.30	0.62	4.31	0.92	5.92	1.61	2.20	0.88	4.26	0.90	0.70	<b>29.60</b>
13-15 years	7.96	0.77	4.31	0.92	6.58	1.61	2.67	1.15	4.66	1.05	0.70	<b>32.37</b>
16-18 years	7.96	0.93	7.00	0.92	7.57	1.61	2.98	1.37	5.06	1.20	0.79	<b>37.37</b>
<b>Girl</b>												
7-9 years	5.64	0.62	4.04	0.73	4.60	1.61	1.96	0.71	3.33	0.60	0.35	<b>24.19</b>
10-12 years	6.63	0.62	4.04	0.73	5.26	1.61	1.96	0.77	3.46	0.75	0.52	<b>26.36</b>
13-15 years	6.97	0.62	4.31	0.92	5.43	1.61	2.51	0.80	4.52	0.60	0.52	<b>28.80</b>
16-18 years	6.97	0.62	4.58	0.92	5.26	1.61	2.51	0.74	4.39	0.60	0.35	<b>28.54</b>
<b>Man</b>												
19-24 years	7.30	0.93	7.00	0.92	6.91	1.80	2.98	1.32	4.39	1.05	0.61	<b>35.20</b>
25-49 years	5.31	0.93	7.00	0.92	6.91	1.80	2.98	1.59	4.39	0.90	0.35	<b>33.07</b>
50-74 years	4.64	0.77	5.12	0.92	5.26	1.80	2.98	0.88	4.39	0.90	0.44	<b>28.10</b>
75+ years	4.64	0.62	5.12	0.73	5.43	1.80	2.28	0.77	4.66	0.60	0.35	<b>26.99</b>
<b>Woman</b>												
19-24 years	5.64	0.62	6.46	0.92	5.26	1.80	2.20	0.74	4.39	0.60	0.35	<b>28.97</b>
25-49 years	4.64	0.46	6.46	0.92	4.60	1.80	2.20	0.63	4.39	0.60	0.26	<b>26.97</b>
50-74 years	4.64	0.46	4.85	0.73	3.95	1.80	2.20	0.60	4.39	0.60	0.26	<b>24.48</b>
75+ years	4.31	0.46	4.31	0.73	3.29	1.80	2.20	0.55	4.39	0.45	0.26	<b>22.75</b>
Pregnancy(b,c)												
Trimester 1	7.96	0.62	4.85	0.92	5.10	1.80	2.51	0.55	4.39	0.45	0.26	<b>29.40</b>
Trimester 2	7.96	0.62	4.85	1.10	5.26	1.80	2.51	0.60	4.39	0.60	0.26	<b>29.95</b>
Trimester 3	7.96	0.62	4.85	1.10	5.26	1.80	2.51	0.60	4.39	0.60	0.26	<b>29.95</b>
Lactation(c)	8.29	0.62	5.92	0.92	5.26	1.99	2.51	0.66	4.39	0.60	0.35	<b>31.51</b>
<b>Family of Four (d)</b>	<b>23.55</b>	<b>2.79</b>	<b>21.81</b>	<b>3.48</b>	<b>22.70</b>	<b>6.81</b>	<b>9.81</b>	<b>4.09</b>	<b>16.77</b>	<b>3.14</b>	<b>1.66</b>	<b>116.60</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

## WEEKLY AVERAGE COST FOR THREE HILLS, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.95	0.37	3.43	0.22	2.44	0.66	1.29	0.41	2.45	0.37	0.08	16.68
2-3 years	5.33	0.50	3.43	0.22	3.84	0.66	1.29	0.57	2.57	0.37	0.08	18.86
4-6 years	7.23	0.50	4.29	0.65	4.54	1.23	1.85	1.18	2.94	0.56	0.25	25.22
<b>Boy</b>												
7-9 years	6.47	0.50	4.29	1.08	5.93	1.40	2.01	0.99	3.19	0.94	0.51	27.30
10-12 years	8.37	0.50	4.57	1.08	6.28	1.40	2.25	1.02	3.92	1.12	0.68	31.20
13-15 years	9.13	0.62	4.57	1.08	6.98	1.40	2.74	1.34	4.29	1.31	0.68	34.14
16-18 years	9.13	0.74	7.43	1.08	8.03	1.40	3.06	1.59	4.66	1.50	0.76	39.38
<b>Girl</b>												
7-9 years	6.47	0.50	4.29	0.86	4.89	1.40	2.01	0.83	3.06	0.75	0.34	25.39
10-12 years	7.61	0.50	4.29	0.86	5.59	1.40	2.01	0.89	3.19	0.94	0.51	27.78
13-15 years	7.99	0.50	4.57	1.08	5.76	1.40	2.57	0.92	4.17	0.75	0.51	30.22
16-18 years	7.99	0.50	4.86	1.08	5.59	1.40	2.57	0.86	4.05	0.75	0.34	29.98
<b>Man</b>												
19-24 years	8.37	0.74	7.43	1.08	7.33	1.56	3.06	1.53	4.05	1.31	0.59	37.05
25-49 years	6.09	0.74	7.43	1.08	7.33	1.56	3.06	1.85	4.05	1.12	0.34	34.65
50-74 years	5.33	0.62	5.43	1.08	5.59	1.56	3.06	1.02	4.05	1.12	0.42	29.27
75+ years	5.33	0.50	5.43	0.86	5.76	1.56	2.33	0.89	4.29	0.75	0.34	28.04
<b>Woman</b>												
19-24 years	6.47	0.50	6.86	1.08	5.59	1.56	2.25	0.86	4.05	0.75	0.34	30.30
25-49 years	5.33	0.37	6.86	1.08	4.89	1.56	2.25	0.73	4.05	0.75	0.25	28.12
50-74 years	5.33	0.37	5.14	0.86	4.19	1.56	2.25	0.70	4.05	0.75	0.25	25.46
75+ years	4.95	0.37	4.57	0.86	3.49	1.56	2.25	0.64	4.05	0.56	0.25	23.56
Pregnancy(b,c)												
Trimester 1	9.13	0.50	5.14	1.08	5.41	1.56	2.57	0.64	4.05	0.56	0.25	30.90
Trimester 2	9.13	0.50	5.14	1.29	5.59	1.56	2.57	0.70	4.05	0.75	0.25	31.54
Trimester 3	9.13	0.50	5.14	1.29	5.59	1.56	2.57	0.70	4.05	0.75	0.25	31.54
Lactation(c)	9.52	0.50	6.29	1.08	5.59	1.73	2.57	0.76	4.05	0.75	0.34	33.16
<b>Family of Four (d)</b>	27.02	2.23	23.14	4.10	24.09	5.92	10.06	4.74	15.45	3.94	1.61	122.30

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR CALGARY, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.41	0.34	3.28	0.19	2.38	0.84	1.24	0.48	2.49	0.35	0.09	16.10
2-3 years	4.75	0.46	3.28	0.19	3.74	0.84	1.24	0.66	2.62	0.35	0.09	18.22
4-6 years	6.45	0.46	4.10	0.58	4.42	1.57	1.79	1.35	2.99	0.53	0.26	24.49
<b>Boy</b>												
7-9 years	5.77	0.46	4.10	0.96	5.78	1.78	1.94	1.13	3.24	0.88	0.52	26.56
10-12 years	7.47	0.46	4.37	0.96	6.12	1.78	2.18	1.17	3.99	1.05	0.69	30.24
13-15 years	8.15	0.57	4.37	0.96	6.80	1.78	2.64	1.54	4.36	1.23	0.69	33.10
16-18 years	8.15	0.69	7.11	0.96	7.82	1.78	2.96	1.83	4.73	1.41	0.78	38.20
<b>Girl</b>												
7-9 years	5.77	0.46	4.10	0.77	4.76	1.78	1.94	0.95	3.11	0.70	0.34	24.70
10-12 years	6.79	0.46	4.10	0.77	5.44	1.78	1.94	1.02	3.24	0.88	0.52	26.94
13-15 years	7.13	0.46	4.37	0.96	5.61	1.78	2.49	1.06	4.24	0.70	0.52	29.32
16-18 years	7.13	0.46	4.65	0.96	5.44	1.78	2.49	0.99	4.11	0.70	0.34	29.05
<b>Man</b>												
19-24 years	7.47	0.69	7.11	0.96	7.14	1.98	2.96	1.76	4.11	1.23	0.60	36.01
25-49 years	5.43	0.69	7.11	0.96	7.14	1.98	2.96	2.12	4.11	1.05	0.34	33.90
50-74 years	4.75	0.57	5.19	0.96	5.44	1.98	2.96	1.17	4.11	1.05	0.43	28.63
75+ years	4.75	0.46	5.19	0.77	5.61	1.98	2.26	1.02	4.36	0.70	0.34	27.46
<b>Woman</b>												
19-24 years	5.77	0.46	6.56	0.96	5.44	1.98	2.18	0.99	4.11	0.70	0.34	29.50
25-49 years	4.75	0.34	6.56	0.96	4.76	1.98	2.18	0.84	4.11	0.70	0.26	27.46
50-74 years	4.75	0.34	4.92	0.77	4.08	1.98	2.18	0.80	4.11	0.70	0.26	24.91
75+ years	4.41	0.34	4.37	0.77	3.40	1.98	2.18	0.73	4.11	0.53	0.26	23.09
Pregnancy(b,c)												
Trimester 1	8.15	0.46	4.92	0.96	5.27	1.98	2.49	0.73	4.11	0.53	0.26	29.86
Trimester 2	8.15	0.46	4.92	1.16	5.44	1.98	2.49	0.80	4.11	0.70	0.26	30.48
Trimester 3	8.15	0.46	4.92	1.16	5.44	1.98	2.49	0.80	4.11	0.70	0.26	30.48
Lactation(c)	8.49	0.46	6.01	0.96	5.44	2.19	2.49	0.88	4.11	0.70	0.34	32.08
<b>Family of Four (d)</b>	<b>24.11</b>	<b>2.06</b>	<b>22.14</b>	<b>3.66</b>	<b>23.47</b>	<b>7.52</b>	<b>9.72</b>	<b>5.45</b>	<b>15.70</b>	<b>3.69</b>	<b>1.64</b>	<b>119.15</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women

(b) A daily iron supplement is required for pregnant women

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR PONOKA, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.51	0.37	3.29	0.19	2.46	0.73	1.29	0.31	2.40	0.39	0.09	16.02
2-3 years	4.85	0.50	3.29	0.19	3.86	0.73	1.29	0.43	2.52	0.39	0.09	18.13
4-6 years	6.59	0.50	4.11	0.57	4.56	1.37	1.86	0.88	2.88	0.58	0.26	24.15
<b>Boy</b>												
7-9 years	5.89	0.50	4.11	0.95	5.97	1.55	2.02	0.74	3.12	0.96	0.51	26.32
10-12 years	7.62	0.50	4.38	0.95	6.32	1.55	2.26	0.76	3.84	1.16	0.68	30.03
13-15 years	8.32	0.62	4.38	0.95	7.02	1.55	2.75	1.00	4.20	1.35	0.68	32.83
16-18 years	8.32	0.74	7.12	0.95	8.08	1.55	3.07	1.19	4.56	1.54	0.77	37.89
<b>Girl</b>												
7-9 years	5.89	0.50	4.11	0.76	4.92	1.55	2.02	0.62	3.00	0.77	0.34	24.48
10-12 years	6.93	0.50	4.11	0.76	5.62	1.55	2.02	0.67	3.12	0.96	0.51	26.75
13-15 years	7.28	0.50	4.38	0.95	5.79	1.55	2.59	0.69	4.08	0.77	0.51	29.09
16-18 years	7.28	0.50	4.66	0.95	5.62	1.55	2.59	0.64	3.96	0.77	0.34	28.85
<b>Man</b>												
19-24 years	7.62	0.74	7.12	0.95	7.37	1.74	3.07	1.14	3.96	1.35	0.60	35.67
25-49 years	5.55	0.74	7.12	0.95	7.37	1.74	3.07	1.38	3.96	1.16	0.34	33.38
50-74 years	4.85	0.62	5.20	0.95	5.62	1.74	3.07	0.76	3.96	1.16	0.43	28.36
75+ years	4.85	0.50	5.20	0.76	5.79	1.74	2.34	0.67	4.20	0.77	0.34	27.17
<b>Woman</b>												
19-24 years	5.89	0.50	6.57	0.95	5.62	1.74	2.26	0.64	3.96	0.77	0.34	29.24
25-49 years	4.85	0.37	6.57	0.95	4.92	1.74	2.26	0.55	3.96	0.77	0.26	27.20
50-74 years	4.85	0.37	4.93	0.76	4.21	1.74	2.26	0.52	3.96	0.77	0.26	24.64
75+ years	4.51	0.37	4.38	0.76	3.51	1.74	2.26	0.48	3.96	0.58	0.26	22.80
Pregnancy(b,c)												
Trimester 1	8.32	0.50	4.93	0.95	5.44	1.74	2.59	0.48	3.96	0.58	0.26	29.73
Trimester 2	8.32	0.50	4.93	1.14	5.62	1.74	2.59	0.52	3.96	0.77	0.26	30.34
Trimester 3	8.32	0.50	4.93	1.14	5.62	1.74	2.59	0.52	3.96	0.77	0.26	30.34
Lactation(c)	8.66	0.50	6.02	0.95	5.62	1.92	2.59	0.57	3.96	0.77	0.34	31.90
<b>Family of Four (d)</b>	<b>24.61</b>	<b>2.23</b>	<b>22.18</b>	<b>3.60</b>	<b>24.23</b>	<b>6.58</b>	<b>10.10</b>	<b>3.54</b>	<b>15.13</b>	<b>4.05</b>	<b>1.62</b>	<b>117.88</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903



# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

## WEEKLY AVERAGE COST FOR RED DEER, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.31	0.40	2.98	0.19	2.31	0.75	1.36	0.30	2.32	0.40	0.08	15.40
2-3 years	4.64	0.53	2.98	0.19	3.63	0.75	1.36	0.41	2.43	0.40	0.08	17.42
4-6 years	6.30	0.53	3.73	0.57	4.29	1.41	1.96	0.85	2.78	0.60	0.24	23.25
<b>Boy</b>												
7-9 years	5.64	0.53	3.73	0.95	5.61	1.60	2.13	0.71	3.01	1.00	0.47	25.38
10-12 years	7.30	0.53	3.97	0.95	5.94	1.60	2.38	0.73	3.71	1.20	0.63	28.94
13-15 years	7.96	0.67	3.97	0.95	6.60	1.60	2.89	0.96	4.05	1.40	0.63	31.69
16-18 years	7.96	0.80	6.46	0.95	7.59	1.60	3.23	1.14	4.40	1.60	0.71	36.44
<b>Girl</b>												
7-9 years	5.64	0.53	3.73	0.76	4.62	1.60	2.13	0.59	2.90	0.80	0.32	23.61
10-12 years	6.63	0.53	3.73	0.76	5.28	1.60	2.13	0.64	3.01	1.00	0.47	25.78
13-15 years	6.96	0.53	3.97	0.95	5.45	1.60	2.72	0.66	3.94	0.80	0.47	28.06
16-18 years	6.96	0.53	4.22	0.95	5.28	1.60	2.72	0.62	3.82	0.80	0.32	27.83
<b>Man</b>												
19-24 years	7.30	0.80	6.46	0.95	6.93	1.79	3.23	1.10	3.82	1.40	0.55	34.33
25-49 years	5.31	0.80	6.46	0.95	6.93	1.79	3.23	1.33	3.82	1.20	0.32	32.13
50-74 years	4.64	0.67	4.72	0.95	5.28	1.79	3.23	0.73	3.82	1.20	0.39	27.43
75+ years	4.64	0.53	4.72	0.76	5.45	1.79	2.47	0.64	4.05	0.80	0.32	26.17
<b>Woman</b>												
19-24 years	5.64	0.53	5.96	0.95	5.28	1.79	2.38	0.62	3.82	0.80	0.32	28.09
25-49 years	4.64	0.40	5.96	0.95	4.62	1.79	2.38	0.53	3.82	0.80	0.24	26.13
50-74 years	4.64	0.40	4.47	0.76	3.30	1.79	2.38	0.50	3.82	0.80	0.24	23.77
75+ years	4.31	0.40	3.97	0.76	3.30	1.79	2.38	0.46	3.82	0.60	0.24	22.03
Pregnancy(b,c)												
Trimester 1	7.96	0.53	4.47	0.95	5.12	1.79	2.72	0.46	3.82	0.60	0.24	28.66
Trimester 2	7.96	0.53	4.47	1.14	5.28	1.79	2.72	0.50	3.82	0.80	0.24	29.26
Trimester 3	7.96	0.53	4.47	1.14	5.28	1.79	2.72	0.50	3.82	0.80	0.24	29.26
Lactation(c)	8.29	0.53	5.47	0.95	5.28	1.98	2.72	0.55	3.82	0.80	0.32	30.70
<b>Family of Four (d)</b>	<b>23.55</b>	<b>2.40</b>	<b>20.12</b>	<b>3.61</b>	<b>22.78</b>	<b>6.77</b>	<b>10.63</b>	<b>3.41</b>	<b>14.60</b>	<b>4.19</b>	<b>1.50</b>	<b>113.56</b>

- (a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.  
(b) A daily iron supplement is required for pregnant women.  
(c) Based on the requirements of a woman 25-49 years old.  
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

## WEEKLY AVERAGE COST FOR RIMBEY, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweeteners	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.57	0.49	3.36	0.21	2.40	0.73	1.24	0.39	2.42	0.39	0.09	16.28
2-3 years	4.92	0.66	3.36	0.21	3.78	0.73	1.24	0.54	2.54	0.39	0.09	18.44
4-6 years	6.67	0.66	4.20	0.62	4.46	1.37	1.78	1.11	2.90	0.58	0.27	24.63
<b>Boy</b>												
7-9 years	5.97	0.66	4.20	1.03	5.84	1.55	1.93	0.93	3.15	0.97	0.55	26.77
10-12 years	7.73	0.66	4.48	1.03	6.18	1.55	2.16	0.96	3.87	1.17	0.73	30.52
13-15 years	8.43	0.82	4.48	1.03	6.87	1.55	2.63	1.26	4.23	1.36	0.73	33.39
16-18 years	8.43	0.99	7.28	1.03	7.90	1.55	2.93	1.50	4.60	1.56	0.82	38.58
<b>Girl</b>												
7-9 years	5.97	0.66	4.20	0.83	4.81	1.55	1.93	0.78	3.02	0.78	0.36	24.89
10-12 years	7.02	0.66	4.20	0.83	5.49	1.55	1.93	0.84	3.15	0.97	0.55	27.19
13-15 years	7.37	0.66	4.48	1.03	5.67	1.55	2.47	0.87	4.11	0.78	0.55	29.54
16-18 years	7.37	0.66	4.76	1.03	5.49	1.55	2.47	0.81	3.99	0.78	0.36	29.29
<b>Man</b>												
19-24 years	7.73	0.99	7.28	1.03	7.21	1.73	2.93	1.44	3.99	1.36	0.64	36.33
25-49 years	5.62	0.99	7.28	1.03	7.21	1.73	2.93	1.74	3.99	1.17	0.36	34.06
50-74 years	4.92	0.82	5.32	1.03	5.49	1.73	2.93	0.96	3.99	1.17	0.46	28.83
75+ years	4.92	0.66	5.32	0.83	5.67	1.73	2.24	0.84	4.23	0.78	0.36	27.57
<b>Woman</b>												
19-24 years	5.97	0.66	6.72	1.03	5.49	1.73	2.16	0.81	3.99	0.78	0.36	29.71
25-49 years	4.92	0.49	6.72	1.03	4.81	1.73	2.16	0.69	3.99	0.78	0.27	27.60
50-74 years	4.92	0.49	5.04	0.83	4.12	1.73	2.16	0.66	3.99	0.78	0.27	24.99
75+ years	4.57	0.49	4.48	0.83	3.43	1.73	2.16	0.60	3.99	0.58	0.27	23.14
Pregnancy(b,c)												
Trimester 1	8.43	0.66	5.04	1.03	5.32	1.73	2.47	0.60	3.99	0.58	0.27	30.13
Trimester 2	8.43	0.66	5.04	1.24	5.49	1.73	2.47	0.66	3.99	0.78	0.27	30.77
Trimester 3	8.43	0.66	5.04	1.24	5.49	1.73	2.47	0.66	3.99	0.78	0.27	30.77
Lactation(c)	8.78	0.66	6.16	1.03	5.49	1.91	2.47	0.72	3.99	0.78	0.36	32.36
<b>Family of Four (d)</b>	24.93	2.96	22.68	3.93	23.69	6.56	9.65	4.46	15.24	4.08	1.73	119.94

- (a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women  
 (b) A daily iron supplement is required for pregnant women.  
 (c) Based on the requirements of a woman 25-49 years old.  
 (d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch  
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# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR EDMONTON, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.26	0.36	3.29	0.19	2.32	0.74	1.22	0.34	1.88	0.36	0.07	15.03
2-3 years	4.59	0.48	3.29	0.19	3.64	0.74	1.22	0.48	1.97	0.36	0.07	17.03
4-6 years	6.23	0.48	4.12	0.56	4.31	1.39	1.75	0.98	2.25	0.54	0.21	22.82
<b>Boy</b>												
7-9 years	5.58	0.48	4.12	0.93	5.63	1.58	1.91	0.82	2.44	0.90	0.42	24.79
10-12 years	7.22	0.48	4.39	0.93	5.96	1.58	2.13	0.85	3.00	1.08	0.56	28.18
13-15 years	7.87	0.60	4.39	0.93	6.63	1.58	2.59	1.11	3.28	1.26	0.56	30.80
16-18 years	7.87	0.72	7.14	0.93	7.62	1.58	2.90	1.33	3.56	1.44	0.63	35.70
<b>Girl</b>												
7-9 years	5.58	0.48	4.12	0.74	4.64	1.58	1.91	0.69	2.34	0.72	0.28	23.07
10-12 years	6.56	0.48	4.12	0.74	5.30	1.58	1.91	0.74	2.44	0.90	0.42	25.18
13-15 years	6.89	0.48	4.39	0.93	5.47	1.58	2.44	0.77	3.19	0.72	0.42	27.27
16-18 years	6.89	0.48	4.67	0.93	5.30	1.58	2.44	0.72	3.10	0.72	0.28	27.09
<b>Man</b>												
19-24 years	7.22	0.72	7.14	0.93	6.96	1.76	2.90	1.27	3.10	1.26	0.49	33.73
25-49 years	5.25	0.72	7.14	0.93	6.96	1.76	2.90	1.54	3.10	1.08	0.28	31.64
50-74 years	4.59	0.60	5.22	0.93	5.30	1.76	2.90	0.85	3.10	1.08	0.35	26.66
75+ years	4.59	0.48	5.22	0.74	5.47	1.76	2.21	0.74	3.28	0.72	0.28	25.49
<b>Woman</b>												
19-24 years	5.58	0.48	6.59	0.93	5.30	1.76	2.13	0.72	3.10	0.72	0.28	27.58
25-49 years	4.59	0.36	6.59	0.93	4.64	1.76	2.13	0.61	3.10	0.72	0.21	25.64
50-74 years	4.59	0.36	4.94	0.74	3.98	1.76	2.13	0.58	3.10	0.72	0.21	23.11
75+ years	4.26	0.36	4.39	0.74	3.31	1.76	2.13	0.53	3.10	0.54	0.21	21.34
Pregnancy(b,c)												
Trimester 1	7.87	0.48	4.94	0.93	5.14	1.76	2.44	0.53	3.10	0.54	0.21	27.93
Trimester 2	7.87	0.48	4.94	1.11	5.30	1.76	2.44	0.58	3.10	0.72	0.21	28.52
Trimester 3	7.87	0.48	4.94	1.11	5.30	1.76	2.44	0.58	3.10	0.72	0.21	28.52
Lactation(c)	8.20	0.48	6.04	0.93	5.30	1.95	2.44	0.64	3.10	0.72	0.28	30.06
<b>Family of Four (d)</b>	<b>23.29</b>	<b>2.15</b>	<b>22.24</b>	<b>3.53</b>	<b>22.86</b>	<b>6.67</b>	<b>9.53</b>	<b>3.95</b>	<b>11.82</b>	<b>3.77</b>	<b>1.33</b>	<b>111.14</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR EDSON, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.81	0.38	3.52	0.20	2.64	0.76	1.29	0.28	3.17	0.39	0.08	17.54
2-3 years	5.18	0.51	3.52	0.20	4.15	0.76	1.29	0.39	3.33	0.39	0.08	19.82
4-6 years	7.03	0.51	4.40	0.61	4.91	1.43	1.86	0.81	3.80	0.59	0.25	26.19
<b>Boy</b>												
7-9 years	6.29	0.51	4.40	1.01	6.42	1.62	2.02	0.68	4.12	0.98	0.51	28.55
10-12 years	8.14	0.51	4.69	1.01	6.79	1.62	2.26	0.70	5.07	1.18	0.68	32.65
13-15 years	8.88	0.64	4.69	1.01	7.55	1.62	2.74	0.92	5.55	1.38	0.68	35.65
16-18 years	8.88	0.77	7.63	1.01	8.68	1.62	3.07	1.09	6.02	1.57	0.76	41.10
<b>Girl</b>												
7-9 years	6.29	0.51	4.40	0.81	5.28	1.62	2.02	0.57	3.96	0.79	0.34	26.58
10-12 years	7.40	0.51	4.40	0.81	6.04	1.62	2.02	0.61	4.12	0.98	0.51	29.02
13-15 years	7.77	0.51	4.69	1.01	6.23	1.62	2.58	0.63	5.39	0.79	0.51	31.73
16-18 years	7.77	0.51	4.99	1.01	6.04	1.62	2.58	0.59	5.23	0.79	0.34	31.46
<b>Man</b>												
19-24 years	8.14	0.77	7.63	1.01	7.93	1.81	3.07	1.05	5.23	1.38	0.59	38.59
25-49 years	5.92	0.77	7.63	1.01	7.93	1.81	3.07	1.27	5.23	1.18	0.34	36.14
50-74 years	5.18	0.64	5.57	1.01	6.04	1.81	3.07	0.70	5.23	1.18	0.42	30.85
75+ years	5.18	0.51	5.57	0.81	6.23	1.81	2.34	0.61	5.55	0.79	0.34	29.73
<b>Woman</b>												
19-24 years	6.29	0.51	7.04	1.01	6.04	1.81	2.26	0.59	5.23	0.79	0.34	31.90
25-49 years	5.18	0.38	7.04	1.01	5.28	1.81	2.26	0.50	5.23	0.79	0.25	29.74
50-74 years	5.18	0.38	5.28	0.81	4.53	1.81	2.26	0.48	5.23	0.79	0.25	27.00
75+ years	4.81	0.38	4.69	0.81	3.77	1.81	2.26	0.44	5.23	0.59	0.25	25.05
Pregnancy(b,c)												
Trimester 1	8.88	0.51	5.28	1.01	5.85	1.81	2.58	0.44	5.23	0.59	0.25	32.43
Trimester 2	8.88	0.51	5.28	1.21	6.04	1.81	2.58	0.48	5.23	0.79	0.25	33.06
Trimester 3	8.88	0.51	5.28	1.21	6.04	1.81	2.58	0.48	5.23	0.79	0.25	33.06
Lactation(c)	9.25	0.51	6.45	1.01	6.04	2.00	2.58	0.52	5.23	0.79	0.34	34.72
<b>Family of Four (d)</b>	26.27	2.30	23.76	3.84	26.04	6.85	10.09	3.26	19.98	4.13	1.61	128.11

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

## WEEKLY AVERAGE COST FOR EVANSBURG, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.34	0.50	3.36	0.25	2.62	0.81	1.49	0.54	2.83	0.49	0.09	17.32
2-3 years	4.68	0.66	3.36	0.25	4.12	0.81	1.49	0.75	2.97	0.49	0.09	19.67
4-6 years	6.35	0.66	4.19	0.75	4.87	1.52	2.14	1.54	3.39	0.73	0.28	26.44
<b>Boy</b>												
7-9 years	5.68	0.66	4.19	1.25	6.37	1.73	2.32	1.29	3.67	1.22	0.56	28.96
10-12 years	7.35	0.66	4.47	1.25	6.74	1.73	2.60	1.34	4.52	1.46	0.75	32.88
13-15 years	8.02	0.83	4.47	1.25	7.49	1.73	3.16	1.75	4.95	1.71	0.75	36.11
16-18 years	8.02	0.99	7.27	1.25	8.61	1.73	3.53	2.09	5.37	1.95	0.85	41.66
<b>Girl</b>												
7-9 years	5.68	0.66	4.19	1.00	5.24	1.73	2.32	1.09	3.53	0.98	0.38	26.80
10-12 years	6.68	0.66	4.19	1.00	5.99	1.73	2.32	1.17	3.67	1.22	0.56	29.21
13-15 years	7.02	0.66	4.47	1.25	6.18	1.73	2.97	1.21	4.81	0.98	0.56	31.84
16-18 years	7.02	0.66	4.75	1.25	5.99	1.73	2.97	1.13	4.66	0.98	0.38	31.52
<b>Man</b>												
19-24 years	7.35	0.99	7.27	1.25	7.87	1.93	3.53	2.00	4.66	1.71	0.66	39.23
25-49 years	5.35	0.99	7.27	1.25	7.87	1.93	3.53	2.42	4.66	1.46	0.38	37.11
50-74 years	4.68	0.83	5.31	1.25	5.99	1.93	3.53	1.34	4.66	1.46	0.47	31.46
75+ years	4.68	0.66	5.31	1.00	6.18	1.93	2.70	1.17	4.95	0.98	0.38	29.93
<b>Woman</b>												
19-24 years	5.68	0.66	6.71	1.25	5.99	1.93	2.60	1.13	4.66	0.98	0.38	31.97
25-49 years	4.68	0.50	6.71	1.25	5.24	1.93	2.60	0.96	4.66	0.98	0.28	29.79
50-74 years	4.68	0.50	5.03	1.00	4.49	1.93	2.60	0.92	4.66	0.98	0.28	27.08
75+ years	4.34	0.50	4.47	1.00	3.75	1.93	2.60	0.83	4.66	0.73	0.28	25.11
Pregnancy(b,c)												
Trimester 1	8.02	0.66	5.03	1.25	5.81	1.93	2.97	0.83	4.66	0.73	0.28	32.19
Trimester 2	8.02	0.66	5.03	1.50	5.99	1.93	2.97	0.92	4.66	0.98	0.28	32.95
Trimester 3	8.02	0.66	5.03	1.50	5.99	1.93	2.97	0.92	4.66	0.98	0.28	32.95
Lactation(c)	8.35	0.66	6.15	1.25	5.99	2.13	2.97	1.00	4.66	0.98	0.38	34.54
<b>Family of Four (d)</b>	<b>23.73</b>	<b>2.98</b>	<b>22.65</b>	<b>4.76</b>	<b>25.84</b>	<b>7.31</b>	<b>11.62</b>	<b>6.22</b>	<b>17.81</b>	<b>5.12</b>	<b>1.79</b>	<b>129.82</b>

- (a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women  
 (b) A daily iron supplement is required for pregnant women  
 (c) Based on the requirements of a woman 25-49 years old  
 (d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch  
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# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

## WEEKLY AVERAGE COST FOR BONNYVILLE, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.70	0.45	3.38	0.22	2.50	0.68	1.22	0.36	3.07	0.39	0.09	17.06
2-3 years	5.06	0.61	3.38	0.22	3.94	0.68	1.22	0.50	3.23	0.39	0.09	19.30
4-6 years	6.86	0.61	4.22	0.65	4.65	1.28	1.75	1.03	3.69	0.58	0.27	25.59
<b>Boy</b>												
7-9 years	6.14	0.61	4.22	1.09	6.08	1.45	1.90	0.86	4.00	0.97	0.54	27.86
10-12 years	7.95	0.61	4.50	1.09	6.44	1.45	2.13	0.89	4.92	1.16	0.73	31.86
13-15 years	8.67	0.76	4.50	1.09	7.15	1.45	2.58	1.17	5.38	1.36	0.73	34.84
16-18 years	8.67	0.91	7.31	1.09	8.23	1.45	2.89	1.39	5.84	1.55	0.82	40.15
<b>Girl</b>												
7-9 years	6.14	0.61	4.22	0.87	5.01	1.45	1.90	0.72	3.84	0.78	0.36	25.90
10-12 years	7.23	0.61	4.22	0.87	5.72	1.45	1.90	0.78	4.00	0.97	0.54	28.29
13-15 years	7.59	0.61	4.50	1.09	5.90	1.45	2.43	0.80	5.23	0.78	0.54	30.92
16-18 years	7.59	0.61	4.78	1.09	5.72	1.45	2.43	0.75	5.07	0.78	0.36	30.63
<b>Man</b>												
19-24 years	7.95	0.91	7.31	1.09	7.51	1.62	2.89	1.33	5.07	1.36	0.64	37.68
25-49 years	5.78	0.91	7.31	1.09	7.51	1.62	2.89	1.61	5.07	1.16	0.36	35.33
50-74 years	5.06	0.76	5.35	1.09	5.72	1.62	2.89	0.89	5.07	1.16	0.45	30.06
75+ years	5.06	0.61	5.35	0.87	5.90	1.62	2.20	0.78	5.38	0.78	0.36	28.91
<b>Woman</b>												
19-24 years	6.14	0.61	6.75	1.09	5.72	1.62	2.13	0.75	5.07	0.78	0.36	31.03
25-49 years	5.06	0.45	6.75	1.09	5.01	1.62	2.13	0.64	5.07	0.78	0.27	28.87
50-74 years	5.06	0.45	5.06	0.87	4.29	1.62	2.13	0.61	5.07	0.78	0.27	26.22
75+ years	4.70	0.45	4.50	0.87	3.58	1.62	2.13	0.56	5.07	0.58	0.27	24.34
Pregnancy(b,c)												
Trimester 1	8.67	0.61	5.06	1.09	5.54	1.62	2.43	0.56	5.07	0.58	0.27	31.51
Trimester 2	8.67	0.61	5.06	1.31	5.72	1.62	2.43	0.61	5.07	0.78	0.27	32.16
Trimester 3	8.67	0.61	5.06	1.31	5.72	1.62	2.43	0.61	5.07	0.78	0.27	32.16
Lactation(c)	9.03	0.61	6.19	1.09	5.72	1.79	2.43	0.67	5.07	0.78	0.36	33.74
<b>Family of Four (d)</b>	25.65	2.73	22.79	4.14	24.68	6.15	9.50	4.14	19.37	4.07	1.73	124.94

- (a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women  
 (b) A daily iron supplement is required for pregnant women.  
 (c) Based on the requirements of a woman 25-49 years old.  
 (d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR COLD LAKE, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.60	0.43	2.98	0.21	2.42	0.68	1.25	0.32	2.51	0.34	0.09	15.84
2-3 years	4.95	0.57	2.98	0.21	3.80	0.68	1.25	0.44	2.63	0.34	0.09	17.96
4-6 years	6.72	0.57	3.73	0.62	4.49	1.28	1.80	0.91	3.01	0.51	0.28	23.93
<b>Boy</b>												
7-9 years	6.02	0.57	3.73	1.04	5.88	1.45	1.96	0.76	3.26	0.85	0.55	26.07
10-12 years	7.79	0.57	3.98	1.04	6.22	1.45	2.19	0.79	4.01	1.02	0.74	29.80
13-15 years	8.49	0.71	3.98	1.04	6.91	1.45	2.66	1.04	4.39	1.19	0.74	32.60
16-18 years	8.49	0.85	6.46	1.04	7.95	1.45	2.97	1.23	4.76	1.36	0.83	37.42
<b>Girl</b>												
7-9 years	6.02	0.57	3.73	0.83	4.84	1.45	1.96	0.64	3.13	0.68	0.37	24.22
10-12 years	7.08	0.57	3.73	0.83	5.53	1.45	1.96	0.69	3.26	0.85	0.55	26.50
13-15 years	7.43	0.57	3.98	1.04	5.70	1.45	2.50	0.71	4.26	0.68	0.55	28.89
16-18 years	7.43	0.57	4.22	1.04	5.53	1.45	2.50	0.67	4.14	0.68	0.37	28.61
<b>Man</b>												
19-24 years	7.79	0.85	6.46	1.04	7.26	1.62	2.97	1.18	4.14	1.19	0.65	35.16
25-49 years	5.66	0.85	6.46	1.04	7.26	1.62	2.97	1.43	4.14	1.02	0.37	32.83
50-74 years	4.95	0.71	4.72	1.04	5.53	1.62	2.97	0.79	4.14	1.02	0.46	27.97
75+ years	4.95	0.57	4.72	0.83	5.70	1.62	2.27	0.69	4.39	0.68	0.37	26.80
<b>Woman</b>												
19-24 years	6.02	0.57	5.96	1.04	5.53	1.62	2.19	0.67	4.14	0.68	0.37	28.79
25-49 years	4.95	0.43	5.96	1.04	4.84	1.62	2.19	0.57	4.14	0.68	0.28	26.70
50-74 years	4.95	0.43	4.47	0.83	4.15	1.62	2.19	0.54	4.14	0.68	0.28	24.29
75+ years	4.60	0.43	3.98	0.83	3.46	1.62	2.19	0.49	4.14	0.51	0.28	22.53
Pregnancy(b,c)												
Trimester 1	8.49	0.57	4.47	1.04	5.36	1.62	2.50	0.49	4.14	0.51	0.28	29.48
Trimester 2	8.49	0.57	4.47	1.25	5.53	1.62	2.50	0.54	4.14	0.68	0.28	30.08
Trimester 3	8.49	0.57	4.47	1.25	5.53	1.62	2.50	0.54	4.14	0.68	0.28	30.08
Lactation(c)	8.85	0.57	5.47	1.04	5.53	1.80	2.50	0.59	4.14	0.68	0.37	31.53
<b>Family of Four (d)</b>	<b>25.13</b>	<b>2.56</b>	<b>20.13</b>	<b>3.94</b>	<b>23.86</b>	<b>6.16</b>	<b>9.78</b>	<b>3.67</b>	<b>15.80</b>	<b>3.57</b>	<b>1.75</b>	<b>116.36</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

## WEEKLY AVERAGE COST FOR ELKPOINT, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.75	0.45	3.62	0.23	2.71	0.94	1.45	0.57	3.34	0.44	0.09	18.60
2-3 years	5.11	0.60	3.62	0.23	4.26	0.94	1.45	0.79	3.50	0.44	0.09	21.05
4-6 years	6.94	0.60	4.53	0.69	5.04	1.76	2.09	1.63	4.01	0.66	0.28	28.21
<b>Boy</b>												
7-9 years	6.21	0.60	4.53	1.15	6.59	1.99	2.27	1.36	4.34	1.11	0.56	30.70
10-12 years	8.04	0.60	4.83	1.15	6.98	1.99	2.54	1.41	5.34	1.33	0.74	34.94
13-15 years	8.77	0.75	4.83	1.15	7.75	1.99	3.09	1.85	5.84	1.55	0.74	38.30
16-18 years	8.77	0.89	7.85	1.15	8.91	1.99	3.45	2.20	6.34	1.77	0.83	44.16
<b>Girl</b>												
7-9 years	6.21	0.60	4.53	0.92	5.43	1.99	2.27	1.14	4.17	0.89	0.37	28.52
10-12 years	7.30	0.60	4.53	0.92	6.20	1.99	2.27	1.23	4.34	1.11	0.56	31.05
13-15 years	7.67	0.60	4.83	1.15	6.39	1.99	2.91	1.27	5.67	0.89	0.56	33.93
16-18 years	7.67	0.60	5.13	1.15	6.20	1.99	2.91	1.19	5.51	0.89	0.37	33.60
<b>Man</b>												
19-24 years	8.04	0.89	7.85	1.15	8.14	2.23	3.45	2.11	5.51	1.55	0.65	41.56
25-49 years	5.84	0.89	7.85	1.15	8.14	2.23	3.45	2.55	5.51	1.33	0.37	39.31
50-74 years	5.11	0.75	5.73	1.15	6.20	2.23	3.45	1.41	5.51	1.33	0.46	33.33
75+ years	5.11	0.60	5.73	0.92	6.39	2.23	2.63	1.23	5.84	0.89	0.37	31.95
<b>Woman</b>												
19-24 years	6.21	0.60	7.24	1.15	6.20	2.23	2.54	1.19	5.51	0.89	0.37	34.12
25-49 years	5.11	0.45	7.24	1.15	5.43	2.23	2.54	1.01	5.51	0.89	0.28	31.84
50-74 years	5.11	0.45	5.43	0.92	4.65	2.23	2.54	0.97	5.51	0.89	0.28	28.98
75+ years	4.75	0.45	4.83	0.92	3.88	2.23	2.54	0.88	5.51	0.66	0.28	26.92
Pregnancy(b,c)												
Trimester 1	8.77	0.60	5.43	1.15	6.01	2.23	2.91	0.88	5.51	0.66	0.28	34.42
Trimester 2	8.77	0.60	5.43	1.39	6.20	2.23	2.91	0.97	5.51	0.89	0.28	35.15
Trimester 3	8.77	0.60	5.43	1.39	6.20	2.23	2.91	0.97	5.51	0.89	0.28	35.15
Lactation(c)	9.13	0.60	6.64	1.15	6.20	2.46	2.91	1.05	5.51	0.89	0.37	36.91
<b>Family of Four (d)</b>	25.93	2.68	24.44	4.39	26.74	8.45	11.35	6.55	21.03	4.65	1.76	137.97

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR LAC LA BICHE, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.52	0.47	3.29	0.20	2.43	0.76	1.45	0.43	2.81	0.41	0.09	16.87
2-3 years	4.86	0.63	3.29	0.20	3.81	0.76	1.45	0.60	2.96	0.41	0.09	19.07
4-6 years	6.60	0.63	4.11	0.61	4.51	1.43	2.09	1.23	3.38	0.61	0.28	25.48
<b>Boy</b>												
7-9 years	5.91	0.63	4.11	1.02	5.89	1.62	2.27	1.03	3.66	1.02	0.56	27.72
10-12 years	7.64	0.63	4.39	1.02	6.24	1.62	2.54	1.06	4.50	1.23	0.75	31.62
13-15 years	8.34	0.79	4.39	1.02	6.93	1.62	3.09	1.39	4.93	1.43	0.75	34.67
16-18 years	8.34	0.94	7.13	1.02	7.98	1.62	3.45	1.66	5.35	1.64	0.84	39.96
<b>Girl</b>												
7-9 years	5.91	0.63	4.11	0.81	4.85	1.62	2.27	0.86	3.52	0.82	0.37	25.78
10-12 years	6.95	0.63	4.11	0.81	5.55	1.62	2.27	0.93	3.66	1.02	0.56	28.12
13-15 years	7.30	0.63	4.39	1.02	5.72	1.62	2.91	0.96	4.78	0.82	0.56	30.70
16-18 years	7.30	0.63	4.66	1.02	5.55	1.62	2.91	0.90	4.64	0.82	0.37	30.41
<b>Man</b>												
19-24 years	7.64	0.94	7.13	1.02	7.28	1.81	3.45	1.59	4.64	1.43	0.66	37.60
25-49 years	5.56	0.94	7.13	1.02	7.28	1.81	3.45	1.92	4.64	1.23	0.37	35.36
50-74 years	4.86	0.79	5.21	1.02	5.55	1.81	3.45	1.06	4.64	1.23	0.47	30.09
75+ years	4.86	0.63	5.21	0.81	5.72	1.81	2.63	0.93	4.93	0.82	0.37	28.73
<b>Woman</b>												
19-24 years	5.91	0.63	6.58	1.02	5.55	1.81	2.54	0.90	4.64	0.82	0.37	30.77
25-49 years	4.86	0.47	6.58	1.02	4.85	1.81	2.54	0.76	4.64	0.82	0.28	26.65
50-74 years	4.86	0.47	4.94	0.81	4.16	1.81	2.54	0.73	4.64	0.82	0.28	26.07
75+ years	4.52	0.47	4.39	0.81	3.47	1.81	2.54	0.66	4.64	0.61	0.28	24.21
Pregnancy(b,c)												
Trimester 1	8.34	0.63	4.94	1.02	5.37	1.81	2.91	0.66	4.64	0.61	0.28	31.22
Trimester 2	8.34	0.63	4.94	1.22	5.55	1.81	2.91	0.73	4.64	0.82	0.28	31.86
Trimester 3	8.34	0.63	4.94	1.22	5.55	1.81	2.91	0.73	4.64	0.82	0.28	31.86
Lactation(c)	8.69	0.63	6.03	1.02	5.55	2.00	2.91	0.80	4.64	0.82	0.37	33.45
<b>Family of Four (d)</b>	<b>24.67</b>	<b>2.83</b>	<b>22.22</b>	<b>3.86</b>	<b>23.93</b>	<b>6.86</b>	<b>11.35</b>	<b>4.94</b>	<b>17.73</b>	<b>4.29</b>	<b>1.78</b>	<b>124.47</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years)

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903



# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

## WEEKLY AVERAGE COST FOR REDWATER, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.55	0.47	3.08	0.19	2.45	0.87	1.30	0.36	2.53	0.46	0.09	16.33
2-3 years	4.89	0.63	3.08	0.19	3.85	0.87	1.30	0.49	2.66	0.46	0.09	18.50
4-6 years	6.64	0.63	3.85	0.57	4.55	1.62	1.86	1.01	3.04	0.69	0.26	24.73
<b>Boy</b>												
7-9 years	5.94	0.63	3.85	0.95	5.95	1.84	2.02	0.85	3.29	1.14	0.53	27.00
10-12 years	7.69	0.63	4.10	0.95	6.30	1.84	2.27	0.88	4.05	1.37	0.71	30.79
13-15 years	8.39	0.79	4.10	0.95	7.00	1.84	2.75	1.15	4.43	1.60	0.71	33.72
16-18 years	8.39	0.94	6.67	0.95	8.05	1.84	3.08	1.37	4.82	1.83	0.79	38.73
<b>Girl</b>												
7-9 years	5.94	0.63	3.85	0.76	4.90	1.84	2.02	0.71	3.17	0.92	0.35	25.09
10-12 years	6.99	0.63	3.85	0.76	5.60	1.84	2.02	0.77	3.29	1.14	0.53	27.43
13-15 years	7.34	0.63	4.10	0.95	5.78	1.84	2.59	0.80	4.31	0.92	0.53	29.78
16-18 years	7.34	0.63	4.36	0.95	5.60	1.84	2.59	0.74	4.18	0.92	0.35	29.50
<b>Man</b>												
19-24 years	7.69	0.94	6.67	0.95	7.35	2.06	3.08	1.32	4.18	1.60	0.62	36.46
25-49 years	5.59	0.94	6.67	0.95	7.35	2.06	3.08	1.59	4.18	1.37	0.35	34.14
50-74 years	4.89	0.79	4.87	0.95	5.60	2.06	3.08	0.88	4.18	1.37	0.44	29.11
75+ years	4.89	0.63	4.87	0.76	5.78	2.06	2.35	0.77	4.43	0.92	0.35	27.81
<b>Woman</b>												
19-24 years	5.94	0.63	6.15	0.95	5.60	2.06	2.27	0.74	4.18	0.92	0.35	29.79
25-49 years	4.89	0.47	6.15	0.95	4.90	2.06	2.27	0.63	4.18	0.92	0.26	27.69
50-74 years	4.89	0.47	4.61	0.76	4.20	2.06	2.27	0.60	4.18	0.92	0.26	25.23
75+ years	4.55	0.47	4.10	0.76	3.50	2.06	2.27	0.55	4.18	0.69	0.26	23.39
Pregnancy(b,c)												
Trimester 1	8.39	0.63	4.61	0.95	5.43	2.06	2.59	0.55	4.18	0.69	0.26	30.34
Trimester 2	8.39	0.63	4.61	1.14	5.60	2.06	2.59	0.60	4.18	0.92	0.26	30.99
Trimester 3	8.39	0.63	4.61	1.14	5.60	2.06	2.59	0.60	4.18	0.92	0.26	30.99
Lactation(c)	8.74	0.63	5.64	0.95	5.60	2.27	2.59	0.66	4.18	0.92	0.35	32.53
<b>Family of Four (d)</b>	<b>24.82</b>	<b>2.83</b>	<b>20.76</b>	<b>3.61</b>	<b>24.16</b>	<b>7.79</b>	<b>10.12</b>	<b>4.09</b>	<b>15.97</b>	<b>4.81</b>	<b>1.68</b>	<b>120.64</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR ST. PAUL, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.56	0.43	3.18	0.21	2.56	0.81	1.29	0.46	2.95	0.36	0.09	16.91
2-3 years	4.91	0.58	3.18	0.21	4.03	0.81	1.29	0.64	3.09	0.36	0.09	19.19
4-6 years	6.66	0.58	3.97	0.63	4.76	1.52	1.86	1.32	3.53	0.55	0.26	25.64
<b>Boy</b>												
7-9 years	5.96	0.58	3.97	1.05	6.23	1.72	2.02	1.11	3.83	0.91	0.52	27.89
10-12 years	7.71	0.58	4.24	1.05	6.59	1.72	2.26	1.14	4.71	1.09	0.69	31.79
13-15 years	8.41	0.72	4.24	1.05	7.33	1.72	2.75	1.50	5.15	1.27	0.69	34.83
16-18 years	8.41	0.87	6.88	1.05	8.43	1.72	3.07	1.78	5.60	1.45	0.78	40.04
<b>Girl</b>												
7-9 years	5.96	0.58	3.97	0.84	5.13	1.72	2.02	0.93	3.68	0.73	0.34	25.90
10-12 years	7.01	0.58	3.97	0.84	5.86	1.72	2.02	1.00	3.83	0.91	0.52	28.26
13-15 years	7.36	0.58	4.24	1.05	6.04	1.72	2.59	1.03	5.01	0.73	0.52	30.86
16-18 years	7.36	0.58	4.50	1.05	5.86	1.72	2.59	0.96	4.86	0.73	0.34	30.55
<b>Man</b>												
19-24 years	7.71	0.87	6.88	1.05	7.69	1.92	3.07	1.71	4.86	1.27	0.60	37.65
25-49 years	5.61	0.87	6.88	1.05	7.69	1.92	3.07	2.07	4.86	1.09	0.34	35.46
50-74 years	4.91	0.72	5.03	1.05	5.86	1.92	3.07	1.14	4.86	1.09	0.43	30.09
75+ years	4.91	0.58	5.03	0.84	6.04	1.92	2.34	1.00	5.15	0.73	0.34	28.89
<b>Woman</b>												
19-24 years	5.96	0.58	6.36	1.05	5.86	1.92	2.26	0.96	4.86	0.73	0.34	30.88
25-49 years	4.91	0.43	6.36	1.05	5.13	1.92	2.26	0.82	4.86	0.73	0.26	28.73
50-74 years	4.91	0.43	4.77	0.84	4.40	1.92	2.26	0.79	4.86	0.73	0.26	26.16
75+ years	4.56	0.43	4.24	0.84	3.66	1.92	2.26	0.71	4.86	0.55	0.26	24.29
Pregnancy(b,c)												
Trimester 1	8.41	0.58	4.77	1.05	5.68	1.92	2.59	0.71	4.86	0.55	0.26	31.37
Trimester 2	8.41	0.58	4.77	1.26	5.86	1.92	2.59	0.79	4.86	0.73	0.26	32.02
Trimester 3	8.41	0.58	4.77	1.26	5.86	1.92	2.59	0.79	4.86	0.73	0.26	32.02
Lactation(c)	8.77	0.58	5.83	1.05	5.86	2.12	2.59	0.86	4.86	0.73	0.34	33.58
<b>Family of Four (d)</b>	<b>24.89</b>	<b>2.61</b>	<b>21.45</b>	<b>3.98</b>	<b>25.28</b>	<b>7.28</b>	<b>10.10</b>	<b>5.32</b>	<b>18.56</b>	<b>3.82</b>	<b>1.64</b>	<b>124.92</b>

- (a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women  
 (b) A daily iron supplement is required for pregnant women  
 (c) Based on the requirements of a woman 25-49 years old.  
 (d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

## WEEKLY AVERAGE COST FOR TWO HILLS, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.20	0.50	3.31	0.20	2.57	0.88	1.53	0.36	2.97	0.40	0.09	17.01
2-3 years	4.53	0.66	3.31	0.20	4.04	0.88	1.53	0.49	3.12	0.40	0.09	19.26
4-6 years	6.14	0.66	4.14	0.59	4.78	1.65	2.20	1.01	3.56	0.60	0.27	25.62
<b>Boy</b>												
7-9 years	5.50	0.66	4.14	0.98	6.25	1.87	2.39	0.85	3.86	1.01	0.54	28.05
10-12 years	7.11	0.66	4.41	0.98	6.62	1.87	2.68	0.88	4.75	1.21	0.71	31.89
13-15 years	7.76	0.83	4.41	0.98	7.35	1.87	3.25	1.15	5.20	1.41	0.71	34.94
16-18 years	7.76	0.99	7.17	0.98	8.45	1.87	3.64	1.37	5.64	1.61	0.80	40.30
<b>Girl</b>												
7-9 years	5.50	0.66	4.14	0.79	5.15	1.87	2.39	0.71	3.71	0.81	0.36	26.08
10-12 years	6.47	0.66	4.14	0.79	5.88	1.87	2.39	0.77	3.86	1.01	0.54	28.37
13-15 years	6.79	0.66	4.41	0.98	6.07	1.87	3.06	0.80	5.05	0.81	0.54	31.04
16-18 years	6.79	0.66	4.69	0.98	5.88	1.87	3.06	0.74	4.90	0.81	0.36	30.75
<b>Man</b>												
19-24 years	7.11	0.99	7.17	0.98	7.72	2.10	3.64	1.32	4.90	1.41	0.62	37.96
25-49 years	5.17	0.99	7.17	0.98	7.72	2.10	3.64	1.59	4.90	1.21	0.36	35.83
50-74 years	4.53	0.83	5.24	0.98	5.88	2.10	3.64	0.88	4.90	1.21	0.45	30.62
75+ years	4.53	0.66	5.24	0.79	6.07	2.10	2.78	0.77	5.20	0.81	0.36	29.28
<b>Woman</b>												
19-24 years	5.50	0.66	6.62	0.98	5.88	2.10	2.68	0.74	4.90	0.81	0.36	31.22
25-49 years	4.53	0.50	6.62	0.98	5.15	2.10	2.68	0.63	4.90	0.81	0.27	29.15
50-74 years	4.53	0.50	4.96	0.79	4.41	2.10	2.68	0.60	4.90	0.81	0.27	26.54
75+ years	4.20	0.50	4.41	0.79	3.68	2.10	2.68	0.55	4.90	0.60	0.27	24.67
Pregnancy(b,c)												
Trimester 1	7.76	0.66	4.96	0.98	5.70	2.10	3.06	0.55	4.90	0.60	0.27	31.55
Trimester 2	7.76	0.66	4.96	1.18	5.88	2.10	3.06	0.60	4.90	0.81	0.27	32.18
Trimester 3	7.76	0.66	4.96	1.18	5.88	2.10	3.06	0.60	4.90	0.81	0.27	32.18
Lactation(c)	8.08	0.66	6.07	0.98	5.88	2.32	3.06	0.66	4.90	0.81	0.36	33.78
<b>Family of Four (d)</b>	22.95	2.98	22.34	3.74	25.36	7.94	11.96	4.09	18.71	4.23	1.69	126.00

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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Alberta Agriculture, Food & Rural Development, (403) 422-2903



# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR VEGREVILLE, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.68	0.46	3.58	0.22	2.48	0.85	1.35	0.40	2.27	0.39	0.09	16.76
2-3 years	5.04	0.61	3.58	0.22	3.89	0.85	1.35	0.55	2.38	0.39	0.09	18.95
4-6 years	6.83	0.61	4.47	0.67	4.60	1.60	1.94	1.13	2.72	0.59	0.28	25.43
<b>Boy</b>												
7-9 years	6.11	0.61	4.47	1.12	6.01	1.81	2.11	0.94	2.95	0.98	0.55	27.67
10-12 years	7.91	0.61	4.77	1.12	6.37	1.81	2.36	0.97	3.63	1.18	0.74	31.47
13-15 years	8.63	0.76	4.77	1.12	7.07	1.81	2.86	1.28	3.97	1.38	0.74	34.39
16-18 years	8.63	0.91	7.75	1.12	8.14	1.81	3.20	1.52	4.31	1.57	0.83	39.80
<b>Girl</b>												
7-9 years	6.11	0.61	4.47	0.89	4.95	1.81	2.11	0.79	2.84	0.79	0.37	25.74
10-12 years	7.19	0.61	4.47	0.89	5.66	1.81	2.11	0.85	2.95	0.98	0.55	28.08
13-15 years	7.55	0.61	4.77	1.12	5.84	1.81	2.70	0.88	3.86	0.79	0.55	30.47
16-18 years	7.55	0.61	5.07	1.12	5.66	1.81	2.70	0.82	3.75	0.79	0.37	30.23
<b>Man</b>												
19-24 years	7.91	0.91	7.75	1.12	7.43	2.02	3.20	1.46	3.75	1.38	0.65	37.58
25-49 years	5.75	0.91	7.75	1.12	7.43	2.02	3.20	1.77	3.75	1.18	0.37	35.25
50-74 years	5.04	0.76	5.67	1.12	5.66	2.02	3.20	0.97	3.75	1.18	0.46	29.82
75+ years	5.04	0.61	5.67	0.89	5.84	2.02	2.44	0.85	3.97	0.79	0.37	28.48
<b>Woman</b>												
19-24 years	6.11	0.61	7.16	1.12	5.66	2.02	2.36	0.82	3.75	0.79	0.37	30.76
25-49 years	5.04	0.46	7.16	1.12	4.95	2.02	2.36	0.70	3.75	0.79	0.28	28.61
50-74 years	5.04	0.46	5.37	0.89	4.24	2.02	2.36	0.67	3.75	0.79	0.28	25.86
75+ years	4.68	0.46	4.77	0.89	3.54	2.02	2.36	0.61	3.75	0.59	0.28	23.93
Pregnancy(b,c)												
Trimester 1	8.63	0.61	5.37	1.12	5.48	2.02	2.70	0.61	3.75	0.59	0.28	31.14
Trimester 2	8.63	0.61	5.37	1.34	5.66	2.02	2.70	0.67	3.75	0.79	0.28	31.80
Trimester 3	8.63	0.61	5.37	1.34	5.66	2.02	2.70	0.67	3.75	0.79	0.28	31.80
Lactation(c)	8.99	0.61	6.56	1.12	5.66	2.23	2.70	0.73	3.75	0.79	0.37	33.50
<b>Family of Four (d)</b>	<b>25.54</b>	<b>2.73</b>	<b>24.16</b>	<b>4.24</b>	<b>24.41</b>	<b>7.66</b>	<b>10.53</b>	<b>4.54</b>	<b>14.30</b>	<b>4.13</b>	<b>1.76</b>	<b>123.99</b>

- (a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women  
 (b) A daily iron supplement is required for pregnant women.  
 (c) Based on the requirements of a woman 25-49 years old.  
 (d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years)

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# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR FALHER, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.92	0.57	3.15	0.21	2.94	0.75	1.45	0.38	2.56	0.42	0.10	17.45
2-3 years	5.30	0.77	3.15	0.21	4.62	0.75	1.45	0.52	2.69	0.42	0.10	19.97
4-6 years	7.19	0.77	3.93	0.63	5.46	1.40	2.08	1.08	3.08	0.63	0.29	26.55
<b>Boy</b>												
7-9 years	6.44	0.77	3.93	1.06	7.14	1.59	2.26	0.90	3.33	1.05	0.58	29.06
10-12 years	8.33	0.77	4.20	1.06	7.56	1.59	2.54	0.93	4.10	1.26	0.78	33.11
13-15 years	9.09	0.96	4.20	1.06	8.39	1.59	3.08	1.22	4.49	1.47	0.78	36.32
16-18 years	9.09	1.15	6.82	1.06	9.65	1.59	3.44	1.45	4.87	1.68	0.88	41.68
<b>Girl</b>												
7-9 years	6.44	0.77	3.93	0.85	5.88	1.59	2.26	0.76	3.21	0.84	0.39	26.91
10-12 years	7.57	0.77	3.93	0.85	6.72	1.59	2.26	0.81	3.33	1.05	0.58	29.47
13-15 years	7.95	0.77	4.20	1.06	6.93	1.59	2.90	0.84	4.36	0.84	0.58	32.01
16-18 years	7.95	0.77	4.46	1.06	6.72	1.59	2.90	0.79	4.23	0.84	0.39	31.68
<b>Man</b>												
19-24 years	8.33	1.15	6.82	1.06	8.81	1.78	3.44	1.40	4.23	1.47	0.68	39.17
25-49 years	6.06	1.15	6.82	1.06	8.81	1.78	3.44	1.69	4.23	1.26	0.39	36.69
50-74 years	5.30	0.96	4.98	1.06	6.72	1.78	3.44	0.93	4.23	1.26	0.49	31.14
75+ years	5.30	0.77	4.98	0.85	6.93	1.78	2.63	0.81	4.49	0.84	0.39	29.76
<b>Woman</b>												
19-24 years	6.44	0.77	6.29	1.06	6.72	1.78	2.54	0.79	4.23	0.84	0.39	31.83
25-49 years	5.30	0.57	6.29	1.06	5.88	1.78	2.54	0.67	4.23	0.84	0.29	29.45
50-74 years	5.30	0.57	4.72	0.85	5.04	1.78	2.54	0.64	4.23	0.84	0.29	26.80
75+ years	4.92	0.57	4.20	0.85	4.20	1.78	2.54	0.58	4.23	0.63	0.29	24.79
Pregnancy(b,c)												
Trimester 1	9.09	0.77	4.72	1.06	6.51	1.78	2.90	0.56	4.23	0.63	0.29	32.55
Trimester 2	9.09	0.77	4.72	1.27	6.72	1.78	2.90	0.64	4.23	0.84	0.29	33.24
Trimester 3	9.09	0.77	4.72	1.27	6.72	1.78	2.90	0.64	4.23	0.84	0.29	33.24
Lactation(c)	9.47	0.77	5.77	1.06	6.72	1.96	2.90	0.70	4.23	0.84	0.39	34.80
<b>Family of Four (d)</b>	26.88	3.45	21.24	4.02	28.96	6.73	11.32	4.33	16.16	4.42	1.85	129.36

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

## WEEKLY AVERAGE COST FOR MANNING, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.91	0.49	3.16	0.22	2.62	0.86	1.43	0.45	2.79	0.38	0.10	17.41
2-3 years	5.29	0.65	3.16	0.22	4.12	0.86	1.43	0.62	2.93	0.38	0.10	19.76
4-6 years	7.18	0.65	3.96	0.65	4.87	1.61	2.05	1.27	3.35	0.57	0.31	26.47
<b>Boy</b>												
7-9 years	6.43	0.65	3.96	1.09	6.36	1.82	2.23	1.07	3.63	0.94	0.61	28.80
10-12 years	8.32	0.65	4.22	1.09	6.74	1.82	2.50	1.10	4.47	1.13	0.82	32.86
13-15 years	9.07	0.82	4.22	1.09	7.49	1.82	3.04	1.44	4.89	1.32	0.82	36.01
16-18 years	9.07	0.98	6.86	1.09	8.61	1.82	3.39	1.72	5.31	1.51	0.92	41.28
<b>Girl</b>												
7-9 years	6.43	0.65	3.96	0.87	5.24	1.82	2.23	0.89	3.49	0.76	0.41	26.75
10-12 years	7.56	0.65	3.96	0.87	5.99	1.82	2.23	0.96	3.63	0.94	0.61	29.24
13-15 years	7.94	0.65	4.22	1.09	6.18	1.82	2.86	1.00	4.75	0.76	0.61	31.87
16-18 years	7.94	0.65	4.48	1.09	5.99	1.82	2.86	0.93	4.61	0.76	0.41	31.53
<b>Man</b>												
19-24 years	8.32	0.98	6.86	1.09	7.86	2.03	3.39	1.65	4.61	1.32	0.72	38.83
25-49 years	6.05	0.98	6.86	1.09	7.86	2.03	3.39	1.99	4.61	1.13	0.41	36.41
50-74 years	5.29	0.82	5.01	1.09	5.99	2.03	3.39	1.10	4.61	1.13	0.51	30.98
75+ years	5.29	0.65	5.01	0.87	6.18	2.03	2.59	0.96	4.89	0.76	0.41	29.64
<b>Woman</b>												
19-24 years	6.43	0.65	6.33	1.09	5.99	2.03	2.50	0.93	4.61	0.76	0.41	31.72
25-49 years	5.29	0.49	6.33	1.09	5.24	2.03	2.50	0.79	4.61	0.76	0.31	29.44
50-74 years	5.29	0.49	4.75	0.87	4.49	2.03	2.50	0.76	4.61	0.76	0.31	26.86
75+ years	4.91	0.49	4.22	0.87	3.74	2.03	2.50	0.69	4.61	0.57	0.31	24.94
Pregnancy(b,c)												
Trimester 1	9.07	0.65	4.75	1.09	5.80	2.03	2.86	0.69	4.61	0.57	0.31	32.43
Trimester 2	9.07	0.65	4.75	1.31	5.99	2.03	2.86	0.76	4.61	0.76	0.31	33.09
Trimester 3	9.07	0.65	4.75	1.31	5.99	2.03	2.86	0.76	4.61	0.76	0.31	33.09
Lactation(c)	9.45	0.65	5.80	1.09	5.99	2.25	2.86	0.82	4.61	0.76	0.41	34.69
<b>Family of Four (d)</b>	<b>26.84</b>	<b>2.94</b>	<b>21.36</b>	<b>4.14</b>	<b>25.82</b>	<b>7.71</b>	<b>11.16</b>	<b>5.12</b>	<b>17.61</b>	<b>3.96</b>	<b>1.95</b>	<b>128.61</b>

- (a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women  
(b) A daily iron supplement is required for pregnant women.  
(c) Based on the requirements of a woman 25-49 years old.  
(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903



# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR MCLENNAN, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	5.02	0.55	3.88	0.24	2.63	0.93	1.68	0.33	2.59	0.47	0.09	18.42
2-3 years	5.41	0.73	3.88	0.24	4.14	0.93	1.68	0.45	2.72	0.47	0.09	20.74
4-6 years	7.34	0.73	4.84	0.71	4.89	1.75	2.42	0.93	3.11	0.71	0.28	27.72
<b>Boy</b>												
7-9 years	6.56	0.73	4.84	1.19	6.39	1.99	2.63	0.78	3.37	1.18	0.56	30.23
10-12 years	8.49	0.73	5.17	1.19	6.77	1.99	2.94	0.81	4.15	1.42	0.75	34.40
13-15 years	9.27	0.91	5.17	1.19	7.52	1.99	3.57	1.06	4.54	1.65	0.75	37.61
16-18 years	9.27	1.09	8.40	1.19	8.65	1.99	3.99	1.26	4.93	1.89	0.84	43.49
<b>Girl</b>												
7-9 years	6.56	0.73	4.84	0.95	5.26	1.99	2.63	0.66	3.24	0.95	0.37	28.18
10-12 years	7.72	0.73	4.84	0.95	6.01	1.99	2.63	0.71	3.37	1.18	0.56	30.70
13-15 years	8.11	0.73	5.17	1.19	6.20	1.99	3.36	0.73	4.41	0.95	0.56	33.39
16-18 years	8.11	0.73	5.49	1.19	6.01	1.99	3.36	0.68	4.28	0.95	0.37	33.16
<b>Man</b>												
19-24 years	8.49	1.09	8.40	1.19	7.89	2.22	3.99	1.21	4.28	1.65	0.65	41.08
25-49 years	6.18	1.09	8.40	1.19	7.89	2.22	3.99	1.46	4.28	1.42	0.37	38.50
50-74 years	5.41	0.91	6.14	1.19	6.01	2.22	3.99	0.81	4.28	1.42	0.47	32.84
75+ years	5.41	0.73	6.14	0.95	6.20	2.22	3.05	0.71	4.54	0.95	0.37	31.26
<b>Woman</b>												
19-24 years	6.56	0.73	7.75	1.19	6.01	2.22	2.94	0.68	4.28	0.95	0.37	33.69
25-49 years	5.41	0.55	7.75	1.19	5.26	2.22	2.94	0.58	4.28	0.95	0.28	31.40
50-74 years	5.41	0.55	5.81	0.95	4.51	2.22	2.94	0.55	4.28	0.95	0.28	28.45
75+ years	5.02	0.55	5.17	0.95	3.76	2.22	2.94	0.50	4.28	0.71	0.28	26.38
Pregnancy(b,c)												
Trimester 1	9.27	0.73	5.81	1.19	5.83	2.22	3.36	0.50	4.28	0.71	0.28	34.18
Trimester 2	9.27	0.73	5.81	1.43	6.01	2.22	3.36	0.55	4.28	0.95	0.28	34.90
Trimester 3	9.27	0.73	5.81	1.43	6.01	2.22	3.36	0.55	4.28	0.95	0.28	34.90
Lactation(c)	9.65	0.73	7.10	1.19	6.01	2.45	3.36	0.61	4.28	0.95	0.37	36.71
<b>Family of Four (d)</b>	<b>27.41</b>	<b>3.28</b>	<b>26.16</b>	<b>4.52</b>	<b>25.94</b>	<b>8.41</b>	<b>13.14</b>	<b>3.76</b>	<b>16.34</b>	<b>4.96</b>	<b>1.78</b>	<b>135.70</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Prepared by Alberta Agriculture, Food & Rural Development with assistance from Alberta Regional Health Authorities.

For more information on retail food pricing contact: Maureen Wenger, Statistics and Production Economics Branch  
Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

WEEKLY AVERAGE COST FOR PEACE RIVER, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	4.76	0.45	3.13	0.21	2.50	0.80	1.34	0.41	2.62	0.42	0.10	16.74
2-3 years	5.12	0.60	3.13	0.21	3.92	0.80	1.34	0.57	2.75	0.42	0.10	18.97
4-6 years	6.95	0.60	3.92	0.64	4.64	1.51	1.93	1.17	3.14	0.63	0.30	25.42
<b>Boy</b>												
7-9 years	6.22	0.60	3.92	1.07	6.07	1.71	2.09	0.98	3.41	1.05	0.59	27.69
10-12 years	8.05	0.60	4.18	1.07	6.42	1.71	2.35	1.01	4.19	1.26	0.79	31.62
13-15 years	8.78	0.75	4.18	1.07	7.14	1.71	2.85	1.33	4.59	1.46	0.79	34.63
16-18 years	8.78	0.90	6.79	1.07	8.21	1.71	3.18	1.58	4.98	1.67	0.89	39.75
<b>Girl</b>												
7-9 years	6.22	0.60	3.92	0.85	5.00	1.71	2.09	0.82	3.28	0.84	0.39	25.71
10-12 years	7.32	0.60	3.92	0.85	5.71	1.71	2.09	0.89	3.41	1.05	0.59	28.13
13-15 years	7.68	0.60	4.18	1.07	5.89	1.71	2.68	0.92	4.45	0.84	0.59	30.60
16-18 years	7.68	0.60	4.44	1.07	5.71	1.71	2.68	0.85	4.32	0.84	0.39	30.29
<b>Man</b>												
19-24 years	8.05	0.90	6.79	1.07	7.49	1.91	3.18	1.52	4.32	1.46	0.69	37.38
25-49 years	5.85	0.90	6.79	1.07	7.49	1.91	3.18	1.83	4.32	1.26	0.39	35.00
50-74 years	5.12	0.75	4.96	1.07	5.71	1.91	3.18	1.01	4.32	1.26	0.49	29.78
75+ years	5.12	0.60	4.96	0.85	5.89	1.91	2.43	0.89	4.59	0.84	0.39	28.46
<b>Woman</b>												
19-24 years	6.22	0.60	6.27	1.07	5.71	1.91	2.35	0.85	4.32	0.84	0.39	30.52
25-49 years	5.12	0.45	6.27	1.07	5.00	1.91	2.35	0.73	4.32	0.84	0.30	28.34
50-74 years	5.12	0.45	4.70	0.85	~.28	1.91	2.35	0.70	4.32	0.84	0.30	25.81
75+ years	4.76	0.45	4.18	0.85	3.57	1.91	2.35	0.63	4.32	0.63	0.30	23.94
Pregnancy(b,c)												
Trimester 1	8.78	0.60	4.70	1.07	5.53	1.91	2.68	0.63	4.32	0.63	0.30	31.15
Trimester 2	8.78	0.60	4.70	1.28	5.71	1.91	2.68	0.70	4.32	0.84	0.30	31.81
Trimester 3	8.78	0.60	4.70	1.28	5.71	1.91	2.68	0.70	4.32	0.84	0.30	31.81
Lactation(c)	9.15	0.60	5.74	1.07	5.71	2.11	2.68	0.76	4.32	0.84	0.39	33.37
<b>Family of Four (d)</b>	<b>25.98</b>	<b>2.70</b>	<b>21.15</b>	<b>4.05</b>	<b>24.62</b>	<b>7.23</b>	<b>10.47</b>	<b>4.71</b>	<b>16.51</b>	<b>4.39</b>	<b>1.87</b>	<b>123.69</b>

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women

(b) A daily iron supplement is required for pregnant women

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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Alberta Agriculture, Food & Rural Development, (403) 422-2903

# NUTRITIOUS FOOD BASKET PRICE REPORT 1997

## WEEKLY AVERAGE COST FOR HIGH LEVEL, ALBERTA ON NOVEMBER 13, 1997

Age-Gender Group	Dairy Products	Eggs	Meat, Poultry & Fish	Meat Alternatives	Cereal & Bakery Products	Citrus Fruit & Tomatoes	Other Fruit	Potatoes	Other Vegetables	Fats & Oils	Sugars & Other Sweets	Total Weekly Cost (a)
(DOLLARS PER WEEK)												
<b>Child</b>												
1 year	5.02	0.50	3.55	0.25	2.83	0.76	1.60	0.48	2.77	0.42	0.10	18.26
2-3 years	5.40	0.66	3.55	0.25	4.44	0.76	1.60	0.66	2.90	0.42	0.10	20.75
4-6 years	7.33	0.66	4.43	0.76	5.25	1.43	2.30	1.37	3.32	0.62	0.29	27.77
<b>Boy</b>												
7-9 years	6.56	0.66	4.43	1.26	6.87	1.62	2.50	1.14	3.60	1.04	0.58	30.27
10-12 years	8.49	0.66	4.73	1.26	7.27	1.62	2.80	1.18	4.43	1.25	0.78	34.47
13-15 years	9.26	0.83	4.73	1.26	8.08	1.62	3.40	1.55	4.84	1.46	0.78	37.80
16-18 years	9.26	0.99	7.69	1.26	9.29	1.62	3.80	1.85	5.26	1.67	0.87	43.55
<b>Girl</b>												
7-9 years	6.56	0.66	4.43	1.01	5.65	1.62	2.50	0.96	3.46	0.83	0.39	28.08
10-12 years	7.72	0.66	4.43	1.01	6.46	1.62	2.50	1.03	3.60	1.04	0.58	30.66
13-15 years	8.10	0.66	4.73	1.26	6.66	1.62	3.20	1.07	4.70	0.83	0.58	33.43
16-18 years	8.10	0.66	5.03	1.26	6.46	1.62	3.20	1.00	4.56	0.83	0.39	33.12
<b>Man</b>												
19-24 years	8.49	0.99	7.69	1.26	8.48	1.81	3.80	1.77	4.56	1.46	0.68	41.00
25-49 years	6.17	0.99	7.69	1.26	8.48	1.81	3.80	2.14	4.56	1.25	0.39	38.55
50-74 years	5.40	0.83	5.62	1.26	6.46	1.81	3.80	1.18	4.56	1.25	0.49	32.66
75+ years	5.40	0.66	5.62	1.01	6.66	1.81	2.90	1.03	4.84	0.83	0.39	31.16
<b>Woman</b>												
19-24 years	6.56	0.66	7.10	1.26	6.46	1.81	2.80	1.00	4.56	0.83	0.39	33.43
25-49 years	5.40	0.50	7.10	1.26	5.65	1.81	2.80	0.85	4.56	0.83	0.29	31.06
50-74 years	5.40	0.50	5.32	1.01	4.85	1.81	2.80	0.81	4.56	0.83	0.29	28.19
75+ years	5.02	0.50	4.73	1.01	4.04	1.81	2.80	0.74	4.56	0.62	0.29	26.12
Pregnancy(b,c)												
Trimester 1	9.26	0.66	5.32	1.26	6.26	1.81	3.20	0.74	4.56	0.62	0.29	34.00
Trimester 2	9.26	0.66	5.32	1.51	6.46	1.81	3.20	0.81	4.56	0.83	0.29	34.73
Trimester 3	9.26	0.66	5.32	1.51	6.46	1.81	3.20	0.81	4.56	0.83	0.29	34.73
Lactation(c)	9.64	0.66	6.50	1.26	6.46	2.00	3.20	0.89	4.56	0.83	0.39	36.41
<b>Family of Four (d)</b>	27.39	2.98	23.95	4.78	27.87	6.87	12.51	5.50	17.43	4.37	1.85	135.50

(a) Add 10% of total to cost of basket to cover condiments, baking supplies, tea, coffee, soft drinks, etc. and iron supplement for pregnant women.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

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## Appendix A - NUTRITIOUS FOOD BASKET PRICE REPORT

### **Contents of the Nutritious Food Basket 1997**

#### **DAIRY PRODUCTS**

Fluid 2% Milk  
Processed Cheese  
Cheddar Cheese  
Ice Cream

#### **EGGS**

Grade A Large Eggs

#### **MEAT, POULTRY & FISH**

Round Steak  
Stewing Beef  
Ground Beef  
Pork Loin Chops  
Pork Sausage  
Weiners  
Chicken  
Turkey  
Canned Salmon

#### **MEAT ALTERNATIVES**

Canned Baked Beans  
Peanut Butter

#### **CEREAL & BAKERY PRODUCTS**

Bread, 60% W.Wheat  
Macaroni  
Rice  
Flour  
Corn Flakes  
Oatmeal Cookies  
Soda Crackers

#### **SUGAR & OTHER SWEETS**

Sugar  
Strawberry Jam  
Honey

#### **CITRUS FRUITS & TOMATOES**

Oranges (fresh)  
Frozen Orange Juice  
Canned Apple Juice  
Tomatoes (fresh)  
Canned Tomatoes  
Canned Tomato Juice

#### **OTHER FRUIT**

Apples  
Bananas  
Canned Applesauce

#### **POTATOES**

Potatoes

#### **OTHER VEGETABLES**

Cabbage  
Carrots  
Lettuce  
Onions  
Vegetable Soup  
Canned Corn  
Frozen Peas

#### **FATS & OILS**

Margarine  
Salad/Cooking Oil  
Butter

#### **MISCELLANEOUS FOODS**

Add 10% of total of basket to cover  
condiments, baking supplies, tea,  
coffee, soft drinks, etc. and iron  
supplement for pregnant women.

## Appendix B - NUTRITIOUS FOOD BASKET PRICE REPORT 1997

### WEEKLY QUANTITIES OF FOOD(a) REQUIRED FOR SPECIFIED AGE-GENDER GROUPS

Age-Gender Group	Dairy Products (litre)	Eggs (no.)	Meat, Poultry & Fish (kg)	Meat Alternatives (kg)	Cereal & Bakery Products (kg)	Citrus Fruit & Tomatoes (kg)	Other Fruit (kg)	Potatoes (kg)	Other Vegetables (kg)	Fats & Oils (kg)	Sugars & Other Sweets (kg)
<b>Child</b>											
1 year	3.25	3.00	0.60	0.05	0.70	0.40	0.80	0.65	1.00	0.10	0.05
2-3 years	3.50	4.00	0.60	0.05	1.10	0.40	0.80	0.90	1.05	0.10	0.05
4-6 years	4.75	4.00	0.75	0.15	1.30	0.75	1.15	1.85	1.20	0.15	0.15
<b>Boy</b>											
7-9 years	4.25	4.00	0.75	0.25	1.70	0.85	1.25	1.55	1.30	0.25	0.30
10-12 years	5.50	4.00	0.80	0.25	1.80	0.85	1.40	1.60	1.60	0.30	0.40
13-15 years	6.00	5.00	0.80	0.25	2.00	0.85	1.70	2.10	1.75	0.35	0.40
16-18 years	6.00	6.00	1.30	0.25	2.30	0.85	1.90	2.50	1.90	0.40	0.45
<b>Girl</b>											
7-9 years	4.25	4.00	0.75	0.20	1.40	0.85	1.25	1.30	1.25	0.20	0.20
10-12 years	5.00	4.00	0.75	0.20	1.60	0.85	1.25	1.40	1.30	0.25	0.30
13-15 years	5.25	4.00	0.80	0.25	1.65	0.85	1.60	1.45	1.70	0.20	0.30
16-18 years	5.25	4.00	0.85	0.25	1.60	0.85	1.60	1.35	1.65	0.20	0.20
<b>Man</b>											
19-24 years	5.50	6.00	1.30	0.25	2.10	0.95	1.90	2.40	1.65	0.35	0.35
25-49 years	4.00	6.00	1.30	0.25	2.10	0.95	1.90	2.90	1.65	0.30	0.20
50-74 years	3.50	5.00	0.95	0.25	1.60	0.95	1.90	1.60	1.65	0.30	0.25
75+ years	3.50	4.00	0.95	0.20	1.65	0.95	1.45	1.40	1.75	0.20	0.20
<b>Woman</b>											
19-24 years	4.25	4.00	1.20	0.25	1.60	0.95	1.40	1.35	1.65	0.20	0.20
25-49 years	3.50	3.00	1.20	0.25	1.40	0.95	1.40	1.15	1.65	0.20	0.15
50-74 years	3.50	3.00	0.90	0.20	1.20	0.95	1.40	1.10	1.65	0.20	0.15
75+ years	3.25	3.00	0.80	0.20	1.00	0.95	1.40	1.00	1.65	0.15	0.15
Pregnancy(b,c)											
Trimester 1	6.00	4.00	0.90	0.25	1.55	0.95	1.60	1.00	1.65	0.15	0.15
Trimester 2	6.00	4.00	0.90	0.30	1.60	0.95	1.60	1.10	1.65	0.20	0.15
Trimester 3	6.00	4.00	0.90	0.30	1.60	0.95	1.60	1.10	1.65	0.20	0.15
Lactation(c)	6.25	4.00	1.10	0.25	1.60	1.05	1.60	1.20	1.65	0.20	0.20
<b>Family of Four (d)</b>	<b>17.75</b>	<b>18.00</b>	<b>4.05</b>	<b>0.95</b>	<b>6.90</b>	<b>3.60</b>	<b>6.25</b>	<b>7.45</b>	<b>6.30</b>	<b>1.05</b>	<b>0.95</b>

(a) Quantities are for food "as purchased". Food is for preparation of all meals and snacks for a week.

(b) A daily iron supplement is required for pregnant women.

(c) Based on the requirements of a woman 25-49 years old.

(d) Composed of a man (25-49 years), a woman (25-49 years), a boy (13-15 years) and a girl (7-9 years).

Source: Agriculture and Agri-Food Canada







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